



GLOBAL ADVENTURES!

Editor: Jan Coates

Contributors: Jan Coates, Mekebib Desta, Paula Gillespie, Mike Reynen

Copy Editor: Matt Schnepf **Layout and Design:** Beth Winchell

Global Adventures! is a resource from Free Methodist World Missions.



GLOBAL ADVENTURES!

©2025 by Free Methodist World Missions – U.S.A. 5235 Decatur Blvd., Indianapolis, IN 46241 Printed in the U.S.A.



Thanks for joining the adventure!



THEME VERSE

Sing to the LORD a new song; sing to the LORD, all the earth.

Sing to the LORD, praise his name; proclaim his salvation day after day.

Declare his glory among the nations, his marvelous deeds among all peoples.

Psalms 96:1-3



Explore the Country

General Information, Interesting Facts and An Up-Close Focus



Explore God's Work

Learn about Free Methodist Ministries



Adventure Story

Enjoy a Story from the Field & Explore More



People on Adventure

Meet the Missionaries or Country Leaders



Adventure in Prayer

Walk Through a Prayer Activity

Adventures in Culture

Participate in Culture Through Language, Music, Games, Crafts and Food

(S) EXPL

EXPLORE THE COUNTRY



Photo: Nina R/ creativecommons.orglicensesby2.0, via Wikimedia Commons

Government: federal parliamentary republic

Capital: Addis Ababa (AH-dees Ah buh-buh)

Population: 135,618,386

Area: 476,834 square miles, the size of Texas, Oklahoma and New Mexico combined

General Terrain: hilly and mountainous, dropping to a plateau in the east, some plains; the central mountain range is divided by Great Rift Valley

Climate: equatorial climate, two wet seasons alternate with two dry seasons

Major Cities: Addis Ababa (5.7 million), Mek'ele (565,000), Dire Dawa (445,818)

Languages: Oromo (33.8%), Amharic (official national language, 29.3%), Somali (6.2%), Tigrinya (5.9%), English

Religion: Ethiopian Orthodox (43.8%), Muslim (31.3%), Protestant (22.8%), Traditional (0.6%), Catholic (0.7%), Other (0.8%)

Currency: birr

National Symbol: Abyssinian lion (traditional) and yellow pentagram with five rays of light on blue field



Photo: John Iglar/Pixabay

National Colors: green, yellow and red

Major Industries: food processing, beverages, textiles, leather, chemicals, metal processing, cement

Agricultural Products: maize, cereals, wheat, milk, sorghum, barley, taro, beans, sweet potatoes, potatoes

Natural Resources: gold, platinum, copper, natural gas, hydropower

Major Exports: coffee, garments, dried legumes, cut flowers, oil seeds



Photo: Moti Abebe/Unsplash



Photo: Hervé Clootens/Pixabay

Interesting Facts:

- · Addis Ababa means "new flower."
- Ethiopia is the "birthplace" of coffee. It is considered impolite to refuse a cup of coffee.
- The Ethiopian calendar has 13 months in a year, and they celebrate the new year on September 11.
- Second most populous country in Africa and the most populous landlocked country in the world.
- More than 40% of the population is under 15 years old.
- Only 4 out of 10 children between the ages of 7 and 12 attend school. Children in rural areas are less likely to go to school.
- Ethiopia's national dish is called *wat*. It is a spicy stew usually eaten with *injera*, a light bread. It is eaten by tearing a bit of *injera* off and scooping the *wat* up with the bread.
- The *Tukai* is a traditional style home made of sticks, mud and a long grass called *Tef*. The floor of the home is just dirt.
- While other African countries were being colonized in the 1800s, Ethiopia was independent.

- There are 282 different symbols in the written Amharic alphabet. In the Amharic alphabet, each symbol stands for an exact sound. Each character has been given different sounds depending on the vowel with which it is combined.
- Ethiopia is sometimes called the "Roof of Africa" because it has more high ground than the rest of the continent.
- The Mountain Nyala and Simien fox are animals found only in Ethiopia.

Up Close – Ethiopia

Date and Time

The Ethiopian calendar has 13 months in the year, instead of 12. That makes Ethiopia about seven and a half years behind the United States. The 13th month has only five days, or six in a leap year. Ethiopians celebrate New Year in September. They are celebrating 2017, while we have been in 2025.

Ethiopians get up at 12 in the morning (on our clock, 6 am), and noon is 6 pm. Six in the evening our time, is midnight for Ethiopians.

Known For

A brand of footwear, SoleRebels, fuses recycled car tires for the soles with traditional Ethiopian crafts and modern design. In 2011, entrepreneur Bethlehem Tilahun Alemu, the company's founder, was named one of the 20 youngest power women in Africa. SoleRebels opened a store in California in 2014, becoming the first African consumer brand ever to open its own standalone retail store in the U.S.

Distance runners

Abebe Bikila was the first Black African to win the gold medal in the Olympic Marathon in 1960. He ran the race barefoot. He won again four years later, becoming the first person to win the race twice. He set a world record.

As a child, Haile Gebreselassie, another famous runner, ran six miles to school every day. He set a world record for the marathon in 2008. He won Olympic gold medals in 1996 and 2000 for distance events.

Things to do if you visit:

- Visit Lalibela, a medieval settlement, with 11 churches all carved in the rocks.
- · Visit the Blue Nile Falls.
- Hike in Bale Mountain National Park and see if you can spot the Mountain Nyala, a Semien Fox, the Blue-winged Goose and Rouget's Rail, which can only be seen in Ethiopia.
- Experience the Markets of Merkato in Addis Ababa- sample some local food and buy an Ethiopian handicraft.



Photo: Charles J. Sharp/creativecommons.orglicensesby-sa4.0, via Wikimedia Commons



Photo: Charles J. Sharp/creativecommons.orglicensesby-sa4.0, via Wikimedia Commons



Photo: Jan Coates

Use the facts and information found here to help your students learn about the church in Ethiopia. (You will find photos in the accompanying PowerPoint presentation for Ethiopia on our website: fmwm.org/resources/children.)



Photo: Xxxxxxxx

How the Free Methodist Church Began

The work of the Free Methodist Church (FMC) in Ethiopia began in 1998 through the partnership of Free Methodist World Missions and the Free Methodist Church in Southern California. The first Free Methodist Church service was held in May 1999. Ethiopia reached provisional annual conference status in 2012 and is now a full annual conference,

Present Ministries

Today, there are 48 Free Methodist churches with 11,590 members. Superintendent Mekebib Desta oversees this work. The Ethiopian FMC has stepped up its church-planting efforts, resulting in a rapid increase in new churches and training programs to multiply church planters and pastors. Outreach ministries include International Child Care Ministries (ICCM) schools and a feeding and study program.

The superintendent has a vision to increase church planting efforts in several parts of the country aiming to double their size by 2034.

Pray

- Pray more churches will be planted.
- Pray that the people in every church will grow deeper in their love and desire to follow Jesus.
- Pray for Superintendent Mekebib and his family.
- Pray that Christians will have a desire to see others follow Christ and will not be afraid to share the good news of Jesus.
- Pray for the plans for a ministry center to be established in the capital city, Addis Ababa.



Photos: Mekebib Desta









From Idol Worshiper to Follower of Jesus

By Supt. Mekebib Desta & Mike Reynen

God is doing something special in the Ethiopian Free Methodist Church! He is using followers of Jesus who are being obedient to the Great Commission — Jesus' command to go and make disciples of all people.

There are 48 Free Methodist churches in six different areas of Ethiopia, and one of those areas is called the Bita District. In Bita, there are now 18 churches, with more being started all the time, because the people are praying and sharing the good news of Jesus.

In these 18 churches, everyone helps share the good news about Jesus. They know it is not just the pastor's job. It is not just one person's job. It is something everyone does, the whole church participating together. They pray together; they tell others about Jesus and help start new churches.

One church, the Beko Church, wanted to tell people in a nearby village about Jesus. The neighboring village was called Qila. So, the first thing they did was start praying. The whole church prayed, and then they began visiting the people in Qila.

The people in this village didn't know Jesus. As the church people from Beko began to get to know people, they started sharing about Jesus.

One day, they met a man in Qila who had been a "witch doctor." You see, some people believe their sickness or the bad things that happen to them are because of evil spirits or because they have done something that did not please the "spirits." A "witch doctor" is a healer who uses certain rituals or magic to make people well or bring them good luck.

This man, the "witch doctor," had tried to help people with magic for many years. Now he was very sick and could not walk. The church members told him about Jesus and how Jesus could heal him and give him eternal life. The man listened carefully and then decided He believed in Jesus!



Photos: Mekebib Desta



They prayed for him, and something amazing happened — his leg started to move again, and he began to feel better! He was so happy, and his family was so happy, that the whole family decided they wanted to follow Jesus.

This man was definitely singing a new song, a song of praise to the Lord! He was so joyful and thankful that he decided to give a part of his farm so they could build a church in the village of Qila. At first the church building was just a small hut, but more people began coming to worship. They had to build a bigger church on the land he gave. Now, many people in Qila have decided to believe in Jesus and have been baptized. Wouldn't it be fun to hear the songs of joy and praise coming from this church!



EXPLORE MORE

All authority in heaven and on earth has been given to me.

Therefore, go and make disciples of all nations,
baptizing them in the name of the Father and of the Son and of the Holy Spirit,
and teaching them to obey everything I have commanded you.

And surely, I will be with you always, to the very end of the age."

- Matthew 28:18-20

"Go into all the world and preach the gospel to all creation."

– Mark 16:15

Sing to the Lord a new song; sing to the Lord, all the earth.

Sing to the Lord, praise his name; proclaim his salvation day after day.

Declare his glory among the nations, his marvelous deeds among all peoples.

- Psalms 96:1-3

These verses remind us of the mission God gives to everyone who believes Him. We are to share the good news of Jesus with all people, everywhere — people far away and people nearby; people like us and people who are different than us.

The people in this story understood and obeyed God's mission. What was the first thing they did after they decided to share the good news about Jesus with the neighboring village? Yes, they began praying.

Who are some people you can start to **pray** for – people who don't know how Jesus loves them?

After we pray, how can we begin **sharing** the good news of Jesus?

 By telling people what we know to be true about Jesus from what we have learned in God's Word

 the Bible. We can share about Jesus' death and resurrection, as well as His love and forgiveness for each of us.

"Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth" (2 Timothy 2:15).

 We can also share how Jesus has changed our lives or how He helps us and cares for us.

(To the Teacher – share your own testimony.)

• We can give an example of Jesus by the way we live and how we treat others.

"By this everyone will know that you are my disciples, if you love one another" (John 13:35).

Finally, when the time seems right, we **invite** the person to ask Jesus for forgiveness, trust Him completely, and join us in following Him.

Pray - Share - Invite

Suggested Activities:

- End this time by using the Adventure in Prayer on page 12.
- Teach the students a scripture song to help them learn the verses Matthew 28:18-20. Use a video on YouTube from Seeds Family Worship – GO [MATTHEW 28:19] or find this on the Seeds Family Worship website: seedsfamilyworship.com
- Take students on a prayer walk in the neighborhood around the church or in a nearby park, stopping to pray for the people who live there or the people you see.





PEOPLE ON ADVENTURE

Meet Superintendent Mekebib Desta



Superintendent Mekebib Desta has been leading the Free Methodist Church in Ethiopia for more than 15 years. He is a godly man who loves to share Jesus with people and demonstrates the compassion of the Lord Jesus by caring for the needy and sick people he meets. He is leading the church in Ethiopia to begin new churches in many parts of Ethiopia. Just as the example from the Adventure Story, many people are coming to know Jesus. His church in Addis Ababa cares for children in the community, providing food and offering educational support.

Superintendent Mekebib has a wonderful family. He and his wife have three biological sons and three daughters who have become part of their family. One of his sons is attending Oakdale Christian Academy in Jackson,

Kentucky. (Oakdale is a Free Methodist boarding school in Kentucky.)



Photo: Mekebib Desta

ADVENTURE IN PRAYER



SALVATION PRAYER BOARD

Help children begin praying for those they know who need to know Jesus. This is something you will want to continue doing regularly.

Create a bulletin board featuring a large cross. The cross can be made with brown construction paper, brown wrapping paper, cardboard or actual wood. Have an envelope with 3" X 3" sticky notes and a pen or marker attached to the board.

As you gather to pray during this lesson, you will want to have at least one sticky note for each child and a pen or marker. Ask the students to write the name of someone they want to pray will come to know Jesus. Write only one name per sticky note. Attach the sticky notes to the bulletin board. As a group or in small groups, pray specifically for these individuals, naming each name that is written down.

- Pray the Holy Spirit will open their minds and hearts to be willing to hear about Jesus.
- Pray they will see through the words and actions of those who follow Jesus, the same loving and caring heart of Jesus.
- Pray they will become hungry to read and hear the Word of God.
- Pray each student will know the right time to share the good news with their friends or family members and will know the right words to say.

Continue praying for these names each time you gather. When God answers prayer and someone on the board decides to follow Jesus, celebrate! You may want to have a party. Be sure to say thank you to God for answering your prayers.

EXPLORE THE CULTURE

LANGUAGE

Greetings depend on who you are speaking to – a male, a female, an elder or a group.

Dehna Aderk (male) Good morning Dehna Adershi (female) Good morning Dehna Aderoo (elder) Good morning Dehna Aderachhu (group) Good morning Dehna Hun (male) Goodbye Dehna Huña (female) Goodbye Dehna Hunu (elder) Goodbye Dehna Hunu (group) Goodbye Awo Yes No Aye

Ahmesugenalew (male) Thank you very much!
Ahmesugenshalew (female) Thank you very much!



English:

Jesus loves me, this I know

For the Bible tells me so

Little ones to Him belong

They are weak, but He is strong

Yes, Jesus loves me Yes, Jesus loves me Yes, Jesus loves me.

The Bible tells me so.

Amharic Phonetic Pronunciation:

Lyesus yiwädäñal, yihn awk'alhu

Mets'haf Q'dus indihu yinägräññal

Tinish hits'anat wädä irsu yigäññalu

Inesu däkamoch nachu, irsu gïn hayal naw

Awon, lyesus yiwädäññal

Awon, lyesus yiwädäññal

Awon, lyesus yiwädäññal

Mets'haf Q'dus indihu yinägräññal







GAMES

Running Competitions

What you need: Tape or cones to mark out your running track.

How you play:

Since Ethiopia is known for having exceptionally good long-distance runners, you may wish to have some running competitions. Find a place outside, in the gym or the fellowship area of your church. Mark out a track and determine the number of times the students will need to go around the track to complete the race. (This may be different for different age groups.) Have three or four students compete at once with the others cheering them on. Continue the competitions until one student has been identified as the fastest in the class.





Akukulu - Kukulu (Pronounced -Acoocoolu)

This is the Ethiopian version of Hide and Seek.

What you need: A large space that has good hiding places. It can be indoors or outdoors.

How you play:

One child is chosen as the seeker. This student stands near a wall or a tree and stares at the wall or the tree. The other children find hiding places. After a few minutes, the seeker starts to make a sound imitating the sound a chicken makes in the morning, "cocoolu."

The students who are hiding respond by saying, "alnegam," meaning it is not morning yet. The student who is the seeker keeps making the sound "cocoolu."

After all the students find their hiding places, they begin to reply "nega," meaning the sun has risen; it is morning.

The seeker begins looking for those who are hiding. The hiding students try to sneak to the seeker's wall, place their hand on the wall, and kiss their hand. Then they are safe. If the seeker calls out the child's name and beats them to the wall and kisses his hand, that hidden student is "captured" and must remain sitting beside the wall (or tree) until the remaining students are either safe or "captured."

The winners are those that make it safely to the wall (or tree). Play can continue as many rounds as time allows.

*Source: allaboutethio.com/10-best-ethiopian-traditional-sports-games.html

CRAFT

Coffee Bean Frame

Since Ethiopia is the birthplace of coffee, we will use coffee beans to create a decorative photo frame.

Materials Needed:

Small plastic or wood frames from the dollar store
Glue – Tacky glue or hot glue
Bags of Inexpensive coffee beans
Small round colored beads or pearl beads
Small paint brushes to spread glue

Prepare ahead:

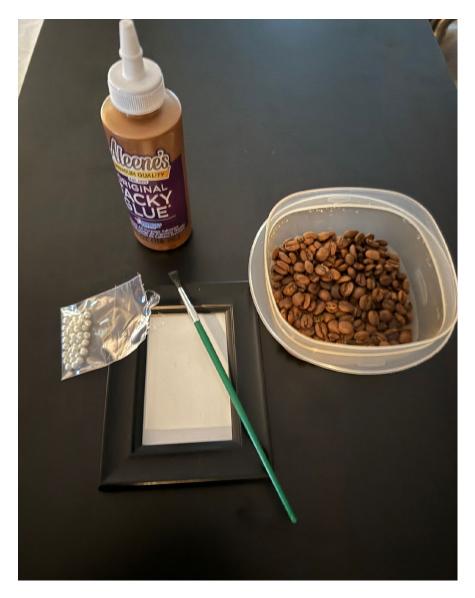
Make sure packaging and stickers are removed from the photo frames.

Several bowls with glue and several with coffee beans.

Instructions:

Give each child a frame. They begin by painting blue on a small section of the frame and attaching coffee beans to that section. Add more glue and coffee beans until the frame is covered. Create a small flower shape by gluing five or six coffee beans together, using the beans as petals and then add a colored bead or pearl to the middle. Students should create three of these flowers and then add them to one corner of the frame to enhance the decoration (see the photo). Additional colored beads or pearls can be added toward the edge of the frame if you wish to add more decorations.

(Note: If the frame is to stand up you won't glue coffee beans to the bottom edge.)







FOOD

Injera

Injera is a flat bread with a slightly sour taste and is eaten in Ethiopia and Eritrea.

Ingredients:

1 ½ cups of Teff flour or buckwheat flour

34 cup of all-purpose flour

1 ½ tsp. instant yeast

34 tsp salt

¼ + ½ tsp. baking soda

3 cups of warm water

1 1/2 tbsp. apple cider vinegar

Cooking spray

Directions:

In a large bowl, mix the flours, yeast, salt and baking soda. Stir well. Add apple cider vinegar and water. Using a whisk, beat the batter until it is smooth and has no lumps. Cover the bowl with plastic wrap or a towel and place in a warm location, allowing the batter set for 1 hour.

Preheat a 9" non-stick skillet or a cast-iron skillet on medium-high heat. Spray the skillet with a cooking spray. Using a ¼ cup measuring cup, pour batter

Simple Fruit Snacks

Fresh bananas, mangoes and oranges



Photo: Sazzadur Rahaman/Adobe Stock

Sources: Window Kids Recipes of the 10/40 Window and domesticdreamboat.com/crunchy-barbecue-wheat-berries/



Photo: Taras Yasinski/Pixabay

onto the edges or the hot pan and rotate the pan to spiral the batter toward the center, filling in any holes. Place a loose-fitting lid on the pan and let cook for 2 to 3 minutes.

The Injera is done when the top is no longer wet but is firm to the touch. Remove the Injera from the pan and put it onto a plate covering it with a towel or plastic wrap.

Continue cooking until you have used all the batter. Stack the Injera on top of each other and keep them covered.

Serve the injera with canned beef stew, allowing students to pull off pieces of the injera to scoop up the stew.

 ${\bf Source:} \ \underline{cookshideout.com/quick-ethiopian-flatbread-injera-\underline{style-recipe}}$

Wheatberries

Wheatberries are simply the kernels of wheat. If you grind them, you make flour. They are a bit hard to chew but help keep the teeth and gums strong.

Ingredients:

2 cups of Wheat berries (can be found at a health food or whole foods market or purchased online)

2 tsp. of vegetable or canola oil

1 tsp. salt

Variations: For savory-tasting wheatberries, add ½ teaspoon each of onion powder, garlic powder and paprika. For sweet tasting wheatberries, add 1 tablespoon of honey and 1 teaspoon of cinnamon.

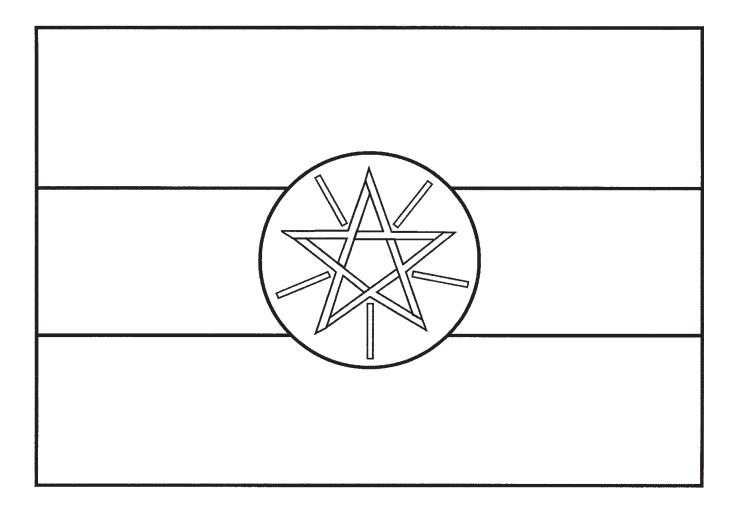
Directions: Heat an oven to 300 degrees. Mix the wheatberries with oil and salt and place on a rimmed baking sheet. Bake for 25 minutes. About halfway through the cooking, stir well. After cooking, allow the wheatberries to cool and then serve in small bowls.

FLAG, MAP AND PUZZLES

Ethiopian Flag

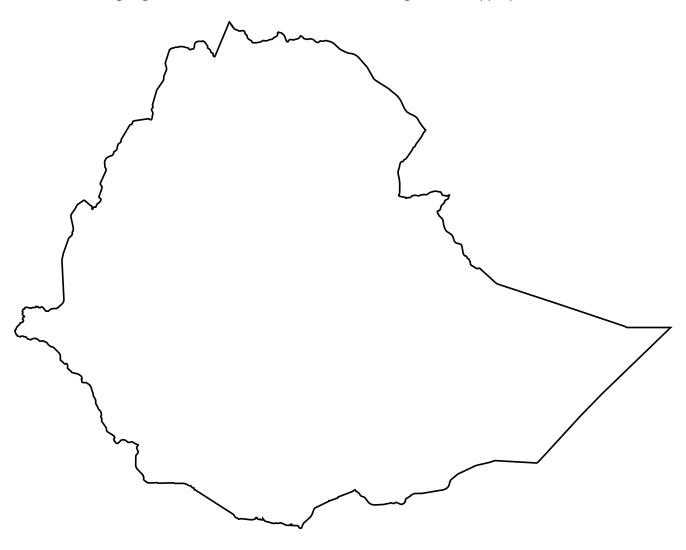


The flag of Ethiopia was adopted in 1897. It symbolizes the honor and beauty of the country. Green represents the fertility of the land. Yellow represents religious freedom. Red represents the lives sacrificed. Blue represents peace and democracy. The center emblem symbolizes national unity of all ethnic groups, as well as a bright future.



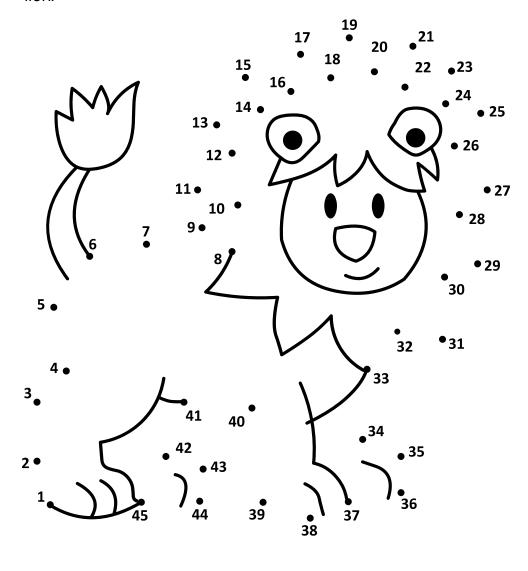
Ethiopia Map

Use a pencil, pen or marker to add Addis Ababa (the capital city), the cities of Mek'eke and Dire Dawa, the Blue Nile River, and Bale Mountain. Draw pictures of coffee, a Tukai home, an Abyssinian lion, the Semien fox and the blue -winged goose. Add other colors, stickers or drawings that are appropriate.



ABYSSINIAN LION

An Abyssinian Lion is simply a lion in Ethiopia. These lions have some distinctive marks, particularly a dark mane. The Abyssinian Lion is an important historical and cultural symbol and relates back to the "Lion of Judah." This is a name used to refer to Jesus. The lion on this page is not exactly an Abyssinian Lion but you can connect the dots and color the lion.



Created using Canva



Ethiopia



Fill in the word or words in the sentences that tell something you have learned about Ethiopia.















- **1** The national colors are _____, ____ and _____.

- 4 The thin bread eaten in Ethiopia is called ______.
- 5 The money is called ______.
- **6** There are _____ months in their calendar.
- **7** A _____ is a traditional home made of sticks, mud and grass.
- 8 ____ is the capital city.

Created using Canva

Capital city: Addis Ababa Main language: Amharic Main religions: Muslim, Orthodox Christian

Did you know?

Ethiopia
is sometimes called the roof of Africa
it has more high ground
than the rest of the continent.

Only rivers the one of Ethiopia's reaches sea.

The center emblem on Ethiopia's flag represents a bright future and national unity of all the people.



Tradition says if you don't laugh on Christmas (which Ethiopians celebrate Jan. 7) you will not be happy for the rest of your life.

0 DO:



Ethiopians like jokes, wise sayings and stories.

There are 282 different symbols in the written Amharic alphabet. Each symbol stands for an exact sound.

Pray for church-planting efforts and effective training for church planters and pastors.

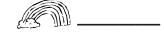


Ethiopia

The work of the Free Methodist Church began in 1998. There are now more than 48 worshiping congregations. Outreach includes International Child Care Ministries schools and a feeding program. Below, write the first letter of each picture to find out who Jesus is waiting to belong to Him.













a y

f

0

r

BIBLIOGRAPHY

Publications:

Missions Alive! Africa, (Free Methodist World Missions, 2016-2017 edition)

Window Kids Recipes of the 10/40 Window A Cookbook for Kids, Authentic Publishing, 2006.

Websites:

AllaboutETHIO

<u>allaboutethio.com/10-best-ethiopian-traditional-sports-games.html</u>

Amharic Teacher

amharicteacher.com/module/greetings

Baylee McKenzie's Ethiopia Project

/thebeautifulandbrokenethiopia.weebly.com/how-to.html

Canva

Canva.com

CIA World Fact Book

cia.gov/the-world-factbook/countries/ethiopia/

Cook's Hideout

<u>cookshideout.com/quick-ethiopian-flatbread-injera-style-recipe</u>

The Crazy Tourist

www.thecrazytourist.com/15-best-places-visitethiopia/

Domestic Dreamboat

<u>domesticdreamboat.com/crunchy-barbecue-</u> wheat-berries/ The Fact File

thefactfile.org/ethiopia-facts/

Flame Creative Kids

 $\underline{flame creative kids.blog spot.}$

com/"flamecreativekids.blogspot.com/

Kids World Travel Guide

https://www.kids-world-travel-guide.com/ethiopia-facts.html)

PopulationStat

populationstat.com/ethiopia/

Wikitravel The Free Travel Guide

wikitravel.org/en/Amharic_phrasebook

World Population Review

https://worldpopulationreview.com/country-rankings/countries-with-the-most-orphans https://worldpopulationreview.com/cities/ethiopia

Worldometers

worldometers.info/world-population/ethiopia-population/

Puzzle Answers:

