

# NEPAL



Nepal is a landlocked country of South Asia, meaning it isn't next to any seas or oceans; it's surrounded by other countries. Most of Nepal is covered by the Himalayas, the highest mountain range in the world. The main religion in Nepal is Hinduism, and it can be difficult for people to hear about Jesus, though more and more people are following him there. Many Nepalese people are very poor, and CMS missionaries help them by working as doctors, teachers and engineers.

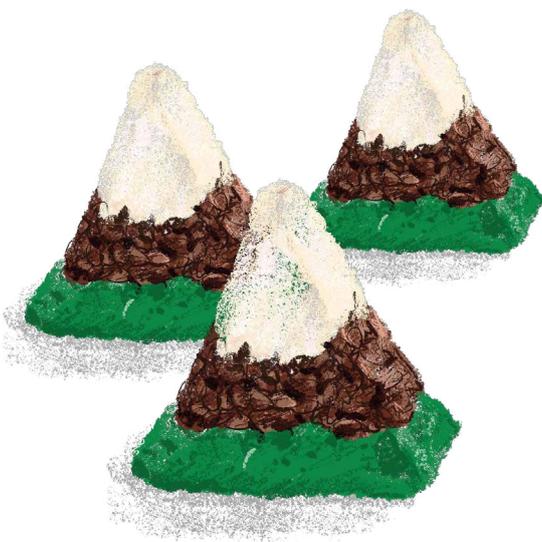
## ACTIVITY

The Himalayas is the highest mountain range in the world, and most of it is in Nepal. The majestic mountains are a backdrop for day-to-day life for people living here. Make your own edible rice bubble mountains with this grand recipe!

### RECIPE:

#### Ingredients:

- 4 cups rice bubbles (150 gm)
- 5 cups white marshmallows (400 gm)
- 50 grams salted butter
- Optional: vanilla extract
- 360 gm (2 packs) white chocolate
- Green food colouring



#### Method:

1. Line a square pan with baking paper and set aside.
2. Put rice bubbles in a mixing bowl.
3. Add butter and marshmallows to a saucepan on low heat. Keep stirring gently while until completely melted.
3. Pour marshmallow mixture over rice bubbles and mix until completely coated.
4. Pour rice bubble mixture into the prepared baking pan. Lightly spray a spatula with oil and use it to gently press down the mixture.
5. Put the tray of mixture in the fridge for 30 minutes. Once hardened, take it out of the baking pan and cut into triangles.
6. Melt one pack of white chocolates in a bowl and set aside. Melt the other pack and mix in a few drops of green food colouring.
7. Dip the base of each triangle into the melted green chocolate, and the tip into the melted white chocolate. Enjoy!

**Remember to ask an adult for help!**

### Did you know?

The highest mountain in the world, Mount Everest, is in the Himalayan mountain range in Nepal.

### Fun fact:

Nepal's flag is the only one in the world that is not a quadrilateral (shape with four sides).



# BIBLE CHALLENGE

The Beatitudes are a collection of sayings that Jesus taught his disciples and the crowds while on the mountainside. Read **Matthew 5:1–12** and finish this activity by drawing a line between the matching pair of sayings.

 Blessed are the peacemakers,	 for theirs is the kingdom of heaven.	 Blessed are the pure in heart,	 for they will inherit the earth.
 for they will be comforted.	 Blessed are the merciful,	 for they will see God.	 Blessed are those who are persecuted because of righteousness,
 Blessed are those who mourn,	 for they will be filled.	 Blessed are the poor in spirit,	 for they will be called children of God.
 for theirs is the kingdom of heaven.	 Blessed are the meek,	 for they will be shown mercy.	 Blessed are those who hunger and thirst for righteousness,

# PRAY

**Thank God**  
the church in Nepal is growing.

**Ask God**  
to send more people to Nepal who can share the hope of Jesus.



Whenever you see **mountains**, pray for Nepal