



MEMBERS' MANUAL

DROPS OF LIFE: A LOVE SINGAPORE BLOOD DONATION DRIVE

by LoveSingapore and Singapore Red Cross

Organiser: LoveSingapore, in collaboration with the Singapore Red Cross

Date: 25 – 28 March 2016, Friday – Monday

Time: 10.00am – 4.30pm

Venue: Suntec Singapore Convention & Exhibition Centre, Level 2, The Crescent
(or at any of the four blood banks listed below from 26 – 28 March 2016)

- Bloodbank @ Dhoby Ghaut (Basement 1 of Dhoby Xchange)
- Bloodbank @ HSA (Health Sciences Authority) [opposite Outram MRT]
CLOSED ON 28 MARCH, MONDAY
- Bloodbank @ Westgate Tower (Level 10, Westgate Tower) [Jurong East MRT]
CLOSED ON 27 MARCH, SUNDAY
- Bloodbank @ Woodlands (Level 5, Civic Centre)

DONOR CRITERIA

- Age **16 to 60** (16 & 17 year olds require parental consent @ bit.ly/parentalconsentform)
- Weigh at least **45kg**
- Haemoglobin level of at least **12.5g/dl**
- In general **good health**
- No **symptoms of infection** for at least 1 week (e.g. sore throat, cough, runny nose, diarrhoea)
- No **fever** in the last 3 weeks
- Have not **travelled** to any malaria endemic area in the last 4 months
- All potential donors will be health screened on-site

DONATION PROCESS

- Entire process takes about **60 minutes**
- First, health screening to confirm if donor is fit to make a donation
- Next, painkillers will be applied to donor's arm for a painless experience
- **350-450ml** of blood will be drawn from the donor
- Blood volume will be back to normal in **72 hours**

WHY THE *DROPS OF LIFE* BLOOD DONATION DRIVE

Every drop of blood saves lives – and yet less than 2% of Singapore's population donate blood. Every day, 400 units of blood are needed to save lives and we urgently need to ensure our blood supply is sufficient and sustainable to furnish *Drops of Life* to patients-in-need, both in times of peace and in the event of a civil emergency.

This is why the LoveSingapore network of churches in Singapore is partnering with the Singapore Red Cross to organise the *Drops of Life* Blood Donation Drive this March.

Blood sustains life, and we have timed this Blood Donation Drive for the Good Friday season to remind us of the reason and spirit of the occasion. In fact, Jesus Christ was the very first Blood Donor some 2,000 years ago, when He shed His Blood on the cross to give us life. Every year, during Good Friday, we remember He did this to save all of mankind. He donated His Blood for us – so now we want to donate our blood for others as well.

This is the reason we are having this Blood Donation Drive. So be a blessing to someone and give blood, and give them *Drops of Life*!

To register for *Drops of Life* Blood Donation Drive, visit dropsoflife.eventbrite.sg. You can register for yourself, and up to four persons.

CONVERSATION STARTERS:-

A) For invitation of your 3x3 pre-believing friends

1. Introduction to the reason and purpose of doing the Blood Donation Drive (BDD)

Hi, during this Easter weekend, our church is organising a Blood Donation Drive. You may wonder why we are mobilising our members to donate blood during this period. Allow me to share with you our motivation for this Blood Donation Drive. Whatever we have in our blood bank is not sufficient in a crisis situation. Not enough people are donating blood. Through this Blood Donation Drive, we want to help to create awareness of the importance of blood donation and increase the pool of blood donors.

We are doing this Blood Donation Drive during the Easter period because we think this is a suitable time to do so. Let me explain – Good Friday and Easter commemorate the death and resurrection of Jesus Christ. Jesus Christ shed His Blood and became a Blood Donor so that we may be saved from our sins. As we celebrate Jesus donating His Blood, we too want to follow His example in donating our blood so more can be saved. And we have invited you to share in this privilege of donating blood so that you too can have a part in helping to save the lives of those who need blood.

[You may include suitable portions of **WHY THE DROPS OF LIFE BLOOD DONATION DRIVE**]

B) For pre-BDD actual day

1. Accompanying and going together with your friend(s) for the blood donation

[On the day before the blood donation, please advise your friend(s) to rest in early and have sufficient sleep. You may want to arrange to eat breakfast together or lunch depending on the time of your donation.]

Is this the first time you are donating blood?

No. Then skip to the next page and pick up the conversation after the blood donation.

Yes. Assure your friend that the nurses and the doctor in charge are very professional and experienced with the procedure. The place is comfortable and they just need to be relaxed and follow the instructions, and it will be fine. The actual blood transfusion takes about 45 mins, excluding registration, waiting and resting time. Once the blood donation is over, they will be asked to rest for a short while before getting off the bed and to take a light refreshment of a cup of hot beverage and some biscuits.

After the Blood Donation

Congratulate your friend and say, "Well done! A life may be saved because you have contributed your blood today. You are a saviour. Wow! You know, Somebody did the same thing 2,000 years ago. This Blood Donor is Jesus – He shed His Blood for us, and this act is commemorated every year during Good Friday and Easter. Our blood can save a person physically but Jesus' Blood can save a person spiritually. Jesus shed His Blood on the Cross to cleanse us from our sins. The Bible says that when we believe and invite Jesus into our heart, God makes us His children. Please allow me to share a short presentation of who God is and about what Jesus has done for you and me, which provides us the motivation to also donate our blood. [Share the John 3:16 Presentation]

- 1) Everything begins with God. God created the heavens and the earth. God is not only powerful but also personal. He is a loving God.
- 2) God created Man (you and me) to be with Him forever.
- 3) God intended for us to have a permanent relationship with Him. This is called eternal or everlasting life.
- 4) When He created us, He breathed His spirit into us. He also created us to have a free will – to make our own choices. Man chose to disobey God. By his choice, man became separated from God!
- 5) This results in SIN. SIN means choosing our own way instead of God's way. Sin is not just doing wrong things like lying, cheating, killing, etc. Sin is a nature within us – we want to do our own thing; we do not want to do what God wants us to do.
- 6) SIN leads to death – physical and spiritual separation from God. Yet, man has a spirit that longs to go back to God.
- 7) Man tries to reach God using his own ways, like going to church; doing good works; trying other religions, etc. All these ways fail to reach God because we cannot reach God through our own efforts.
- 8) Because God loves us so much, He is willing to provide the only solution for man's sin. God, in His true love for mankind, sent His only Son, Jesus, to earth to reach down to us.
- 9) Jesus died for us on the very first Good Friday. He died on the Cross for our sins. After 3 days, He was raised from the dead showing us that He has power to overcome sin and death.
- 10) We can summarise this using a verse in the Bible which is found in John 3:16: "For God so loved the world that He gave His one and only Son, that whosoever believes in Him should not perish but have eternal life"

[At this point, you can share your Personal Testimony (Refer to guidelines below).]

- 11) Right now, you can decide. Instead of living in your present life unchanged and separated from God, you can go back to Him. Do you want to go back to God through Jesus Christ? Do you want to receive Jesus Christ into your life?

If your friend says "Yes" to Salvation, confirm the decision by using Scriptures.

Ask your friend to read John 1:12 – "But as many as received Him, to them He gave the right to become children of God, to those who believe in His name".

Then ask: "When you receive Jesus Christ into your life, what have you become?"

Answer: A child of God.

Congratulate your friend for the decision made.

Pray for your friend, using the following example:

"Lord, I thank You for the salvation of (friend's name). I pray that You will fill him/her with the fullness of the Holy Spirit, and that he/she will experience Your love on a daily basis. I ask for the full blessings of the Cross to be upon him/her. Lead him/her in Your ways. Surround him/her with Your protection. In Jesus' name I pray, Amen."

- Invite your friend to join your cell activities and the Celebration Services

If your friend is not ready to receive Christ but is open to know more about God, you may want to say the following:

I understand that you are not ready at this point to make this decision to invite Jesus into your life. But like what I have shared, God is real and hears our prayers. May I pray for you that God will reveal Himself to you and help you to experience His love in your life? If this is what you want, please repeat this prayer after me and mean the words in your heart.

At this point, pray the "Seeker's Prayer":

Dear Jesus, I do not know You but my friend tells me that You are real. I would like to know You more and I pray that You will reveal Yourself to me in the way You have shown Yourself to other Christians. Please help me to know Your love. Thank you for hearing me and I pray this in Jesus' name, Amen.

If your friend says "No" to Salvation, probe to understand his/her concerns and offer to pray a blessing over him/her.

You may say this:

Lord, I thank You for this chance to share Your love with (your friend's name). I ask that You will continue to keep him/her in good health and in joyful spirit, and that one day, (your friend's name) will come into the wonderful experience of knowing and walking with You. Seal this truth in his/her mind. Thank you in the name of Jesus, Amen."

- Invite your friend to a cell outreach event or the Celebration Services
- Thank your friend for coming and wish him/her Happy Easter

Personal Testimony Guidelines

Align your personal testimony with the concept of this BDD. Include your responses to the following '5Ws and 1H' questions but not necessarily in the order as presented:

General Introduction

- Who you are

Before Becoming a Christian

- What was your life like before you knew Jesus?
- What were the struggles you had before you became a Christian?
- What were the regretful things you had done?

Making the Decision to Become a Christian

- Who introduced Jesus to you?
- Where did you meet Jesus?
- When did you make the decision to give your life to Jesus?
- How was the decision to follow Jesus presented to you?
- How did you make the decision to follow Jesus?
- Why did you make the decision to follow Jesus?

After Becoming a Christian

- What was your life like immediately after you gave your life to Jesus?
- How long have you been a Christian?
- How different is your life now as a Christian compared to before you became a Christian?
- Why is submitting your life to God one of the best decisions you have made in your life and would you recommend it to another person?

Introducing the *You Can* Series

When you donated blood, your blood flowed from your arm. Your blood was shed from one part of your body. I know of a video that spoke of how a Man shed His blood from seven different parts of His body, and for each part of His body that blood was shed, He gives you a corresponding blessing. These seven blessings are:

1. You Can Overcome
2. You Can Be Healed
3. You Can Win And Have Success
4. You Can Be Special
5. You Can Do Great Things
6. You Can Dream
7. You Can Be Happy

I would like to invite you to watch this video series with me. (Or if you are organising a group session – I am organising a group viewing of this video. I would like to invite you to join us in this.) Each video presentation is around 20 to 25 mins. Each session will take about 60 to 75 mins (max), including discussion time (and a light refreshment {if you are including this in your session}).

POST BDD EVENT (ON THE BDD DAY)

Goal:

- A. To invite pre-believers or consolidate new believers to join a cell.
- B. To continue with the harvesting.
- C. To share John 3:16 or your personal testimony, if you did not have a chance to do so during the BDD.

After the BDD, you should continue to harvest or consolidate. Do remember that blood donors need a lot of fluids (four or five glasses) after the donation. All strenuous activities should be avoided. You may wish to do the following post BDD activities in a home setting, preferably at your current cell venue or future cell-planting venue:

1. **Have a fellowship meal** consisting of iron-rich food such as red meat, fish, poultry, beans, spinach, iron-fortified cereals and raisins. If not, have a drink together but **not** alcohol. Alternatively, have a BBQ.
2. **Watch a movie together.** Consider movies like *Passion of Christ*, *The Gospel of John*, *War Room*, etc. or even the *You Can* series or some baptism testimonies.

3. **Play in-house games** – board games, card games, computer games, etc.
4. **Conduct a cake, cupcake, bread, cookie, pie or card-making session.**
5. **Setup a Karaoke session** or just listen to some soothing music.

Drinks should be readily available at home, and some snacks if possible, if you decide to organise activities 2 to 5.

In the event your friends are not keen to go to someone's home, you can then bond with them using a modified version of the above activities. Bear in mind there should be no strenuous activities.

You can:

1. Have a healthy meal in a restaurant
2. Chill out with a few glasses of drinks but avoid alcohol
3. Watch a movie together
4. Go to a Karaoke outlet
5. Go for non-strenuous outdoor activities, such as billiards, bowling, fishing or visit a museum

Continue to bond and share with your friends. **Remember to use every opportunity to share the Gospel or your personal testimony!**

PRAYER FOCUS

2-HOUR DAILY PRAYER FORMAT

Starting 1 March, everyone is encouraged to be praying 2 hours per week for BDD. You can do so based on the following proposed options:

Option A

- Mondays – Fridays: 5 mins, 2 times a day, before/after meals = 50 mins
- Saturdays – Sundays: 10 mins, 3 times a day, before/after meals = 60 mins
- Cell meeting prayer time = 10 mins

Option B

- Mondays – Sundays: Spend an extra 5 mins during QT to pray for BDD = 35 mins
- Mondays – Fridays: Spend 5 mins in prayer when you commute to and from work = 50 mins
- Cell meeting prayer time = 20 mins
- Synchronised cell prayer time = 15 mins on day and time decided by cell

PRAYER PROMPTERS

- Wisdom for Pastor Simon Yee and his taskforce overseeing this Blood Donation Drive
- Smooth co-operation with the Singapore Red Cross
- Enough facilities and volunteers
- Eligible donors
- Every cell to invite pre-believing friends to participate in this BDD
- Unity of the LoveSingapore churches to participate in this project
- Favourable media coverage
- Our light will so shine before men, that Singapore may see our good works and glorify our Father in heaven