

Anchors

Leaders' Resource Guide



THE ANCHOR



Introduction

This resource has been created in partnership with *The Northern Ireland Boys' Brigade* (BBNI) and *Logos Ministries International* (LMI).

This resource will help you lead a session about the symbol of the anchor within Christianity, and within the Boys' Brigade. It will also help them to understand the BB motto - "**sure and steadfast**".

This session is around 45 minutes long.

For this session you will need:

- Printed picture of an anchor
- Laptop with video downloaded
- Projector
- Craft supplies for making an anchor (see page 4)
- Two oranges
- Two glasses of water



The Anchor

Introduction (1 min)

Welcome children and explain that over the next 45 minutes you will be having a session about a very important symbol (don't say "anchor", as we will get the children to guess).

Game: The Boat is Sinking (5 mins)

Designate one person to be the captain. Everyone else is crew. The captain must shout "*The boat is sinking. Each lifeboat can hold (number) people.*" The children have to get into groups of this number.

It can be played one of two ways:

1. Whoever is not in a group must answer a question about themselves
2. Whoever is not in a group is out

Discussion (5 mins)

- Ask the children "have you ever been on a boat?" Listen to stories of those who have, or you could share a personal story.
- Show them a photo of an anchor, and ask if anyone knows what it is.
- Explain that we are going to be watching a video about the anchor.

Video (10 mins)

Play video.

Experiment (5 mins)

Do a "sink vs. float demonstration"
(<https://www.youtube.com/watch?v=x30YQuWxNVY>)

- Get two glasses of water and two oranges
- Take the peel off ONE orange
- Ask the children if they think the oranges will sink or float

- Place them into the glasses of water, one by one

The orange with the peel will float, while the orange without will sink.

Use this to explain that the orange with the peel is like us when we have God in our lives. When storms come, God helps us not to sink, and we can float through. However, the orange without the peel sinks, just like we do without God.

Memory Verse (5 mins)

Teach the children Hebrews 6:19:

"We have this as a sure and steadfast anchor of the soul...hope."

Get them to all say it together.

Some creative ways to teach it:

- Write the verse on pages & hide them. They have to find the paper and put it back in order.
- "Washing machine" - spin the memory verse round to see if they can still say it
- Give the children instructions while they say it e.g. stand on one leg, cover an eye, jump up and down.
- Volume control - use your hand to control the volume that they say the verse at - high, medium & low.

Song: Our God Is Our Anchor (3 mins)

Play the video & get everyone to follow the actions on-screen.

<https://vimeo.com/678103992>

Pray (1 min)

One of the leaders to pray for the children, that they would know God as their anchor.

Craft (10 mins)

For a craft, you could either:

- Print out colouring-in pages of the anchor (attached)

- OR, draw a large anchor outline on to card or paper, and get the group to work together to decorate it using crayons, tissue paper & other craft materials. Write "our God is our anchor" at the top, and it could be displayed somewhere in the hall as a reminder!

[Optional if you have extra time]:



Game: Weather Forecast (5 mins)

This game requires a parachute.

Get the children to all stand around the parachute, each holding a handle.

Tell the children that the parachute is the ocean, and they have to move the parachute to the "weather forecast" they hear. For example:

- Gentle breeze
- Rain
- Sunshine
- Strong winds
- Storm
- Cloudy

GOD IS OUR
ANCHOR!

