

Juniors

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:

- Laptop with video downloaded
- Projector
- Craft supplies for making boats (see page 4) - paper plates, lollypop sticks, card, scissors, colouring pencils.
- 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: Captain's Orders (5 mins)

Choose someone to be the captain (probably a leader). Everyone else is a crew mate.

Explain what each "order" means before beginning. Call out an order, and get the children to do it. (If needed you could put the last person to do the order "out" so the game comes to an end).

Basic orders:

- "To the island" = run to the left boundary (or could be called "port")
- "Scrub the deck" = crouch down and make a scrubbing motion with your hands
- "Hit the deck" = lie on your stomach
- "Clear the deck" = everyone must have their feet off the floor
- "Up periscope!" = lie on your back with one leg raised straight in the air. Twist the raised foot as if it is a scanning periscope.
- "Captain's coming" = stand to attention and salute
- "Climb the rigging" = pretend to climb a rope

Partner orders:

- "Abandon ship!" = players must pair up, sit face to face and pretend to row a lifeboat
- "Crow's nest" = players pair up and one gives the other a piggy back

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.
- Ping pong - split the children into 2 groups. They say the memory verse word at a time in their groups. E.g. one group starts with "we", the other group says "have", and so on.

Story of Hope (3 mins)

Ask a leader to share how they have found hope in their life because of God, and how God has been their anchor.

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 make boats, like in the image below, adding an anchor on.

- Cut paper plate in half
- Use cardboard, or a lollipop stick to make the beam
- Cut cardboard, or felt, into the shape of 2 sails and glue on
- Decorate with colouring pencils, tissue paper, buttons etc.

