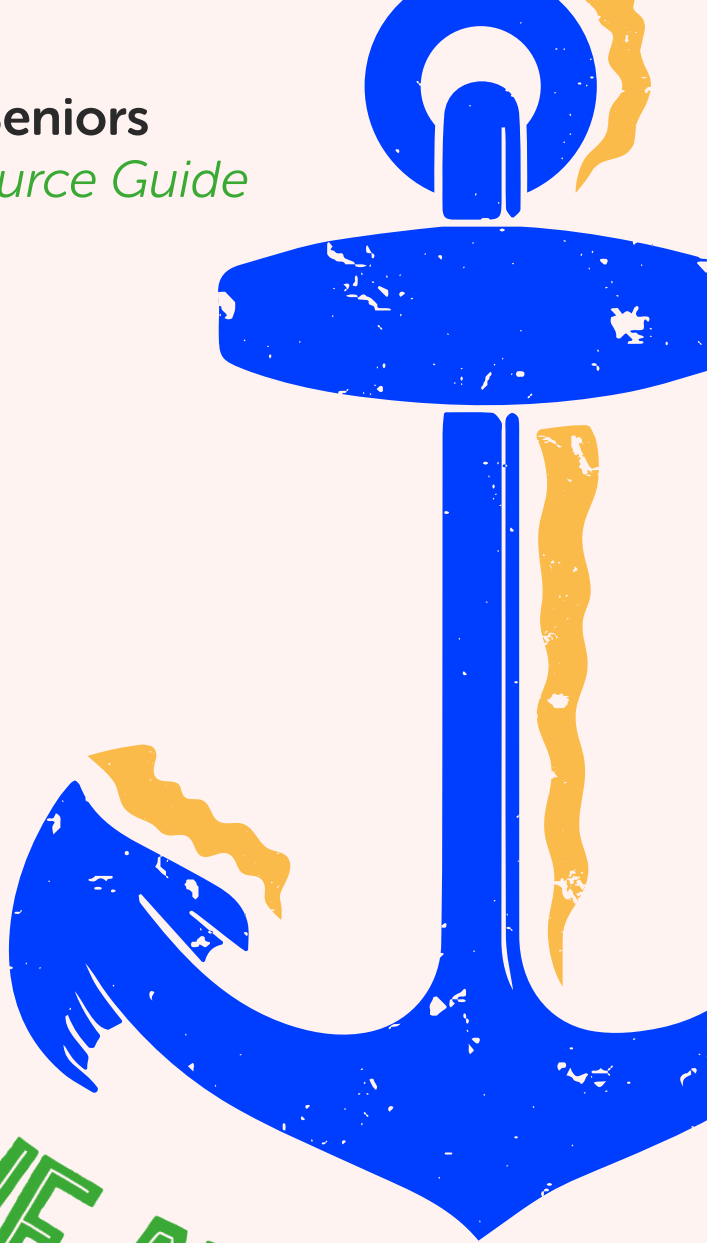


Company & Seniors
Leaders' Resource Guide



THE ANCHOR



Introduction

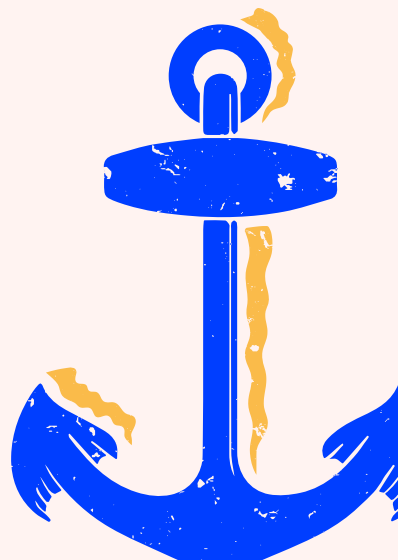
This resource has been created in partnership with *The Northern Ireland Boys' Brigade* (BBNI) and *Logos Ministries International* (LMI).

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 50 minutes long.

For this session you will need:

- Laptop with video downloaded
- Projector
- Bibles (or print out the passage for small groups - Hebrews 6:13-20)
- Paper and pens
- Equipment for boat races (see page 3) - recycled materials & tape
- Blindfold or scarf



The Anchor

Introduction (1 min)

Welcome everyone and explain that over the next 50 minutes you will be having a session about the anchor.

Game: Water Cup (5 mins)

Divide the young people into two teams.

Get them to take turns pouring water into a cup, and whichever team makes the water spill loses the game.

* You can put the cup into a bowl to prevent the water spilling out.

* See the video for a demonstration: [youtube.com/watch?v=915reWmXNBA](https://www.youtube.com/watch?v=915reWmXNBA)

Would You Rather... (5 mins)

Ask the young people statements, to see what they would rather do (examples are provided below). Get them to go to a different side of the room depending on their answer, or they could sit/stand.

You can make up your own questions, however make sure to end on one related to a boat / anchor, as a good introduction to the video.

Would you rather...

- Have feet for hands or hands for feet?
- Be able to fly or be invisible?
- Only eat chocolate or never eat chocolate again?
- Be always warm or always cold?
- Always be 10 minutes late or always be 20 minutes early?
- Be trapped on a plane or a boat for 24 hours?

Video (10 mins & 5 mins for discussion)

Play video. You will have to pause the video at 3:35 to get into small groups. It would be good to have leaders involved in these small groups to guide the discussion.

Get them to write their answers down, and get feedback, before pressing play again.

Trust Activity (5 mins)

Ask for two young people (or leaders) who would like to be blindfolded for a game.

Once they are blindfolded, create an obstacle course around them (e.g. chairs or tables in the way). Choose two more people to guide each person through the obstacle course. Going one at a time, the guide will give their partner instructions of how to get through the obstacle course.

Teaching point: ask those who were blindfolded "did you trust the instructions you were being told?" Discuss the importance of trusting in God. Even when storms or obstacles come into our lives, we can trust God to lead us through them and help us.

Leader Testimony (3 mins)

Ask a leader, or young person, to share what it means for them to have God as their anchor.

Song: We Have an Anchor (5 mins)

If your young people or leaders are musical, you could sing "We Have an Anchor" together, with the words on the screen or printed out.

Prayer (1 min)

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

Boat Races (10-15 mins)

Split the young people into groups and give them lots of recycled material e.g. boxes, milk cartons, tins, bottles, string and sticky tape. Give them 10 minutes to build the best boat they can out of these materials

You can then test each group's boat by placing them into water and seeing if they sink or float. The test can be made more difficult by placing weight (e.g. pebbles), to see which boat can stay afloat for the longest.