



**“WE HAVE THIS HOPE AS AN ANCHOR FOR THE SOUL, FIRM AND SECURE”  
HEBREWS 6:19 (NIV)**

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We are excited to have you participate in Quake! You can look forward to an event filled with learning, worship, service and fun as we grow in relationship with our Lord Jesus Christ and each other.

This guide is designed to help you be as prepared as possible to help your group have an amazing, impactful Quake experience!

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**@YouthQuakes**



**QuakeEvent.com**



**@QuakeEvents**

**#QuakeEvents #YouthEvent #Anchored**

# LEADER'S GUIDE

## TIPS FOR SUCCESS

### HOW TO PREPARE

#### **PRAY**

Ask youth, parents, and your congregation to join you in prayer leading up to Quake. This models to students the importance of lifting our lives up to the Lord in prayer. Pray that youth will encounter Christ in a real way and grow in their relationship with Him.

#### **PROMO KIT**

The promo kit for your Quake can be found at [quakeevent.com/your Quake city](http://quakeevent.com/your-Quake-city) (no spaces). It includes event specific posters, ready-to-use social media posts and pre-written letters to advertise Quake to your youth and parents.

#### **INVITE FRIENDS**

Who do you know who might enjoy participating in Quake? The best advertisement is word of mouth from those who have experienced all Quake has to offer. Consider reaching out to fellow youth leaders, families or friends who might like to join you this year.

#### **ADULT LEADERS**

We strongly recommend you choose adult leaders over the age of 21 and conduct background checks. Contact your church's insurance company for more information. Each group must have at least one adult leader (21+ years old) onsite throughout the duration of the event.

#### **SPECIAL NEEDS**

If someone in your group has special needs, send an email to [quake@lifest.org](mailto:quake@lifest.org) or include the information in the "Any special room needs?" section of your registration. We will do our best to accommodate requests but would like at least 30 days' notice.

#### **ROOM ASSIGNMENT**

Download the Housing Form and Overnight Policies from your Quake event website. You are responsible for assigning youth and adults to rooms. Quake policy states that males and females are not allowed to share rooms unless a family purchases a room to share together.

## **PRE-QUAKE BIBLE STUDY**

The Pre-Quake Bible Study included in this guide, will help your group start thinking about the theme and get excited for Quake.

## **GROUP COVENANT**

As part of the Pre-Quake Bible Study, create a covenant with your group to address potential issues according to the policies of your church and include Quake's Covenant (included in this guide). This tells youth and adult leaders what is expected of them at Quake.

## **FAMILY TIME GUIDE**

Review the thematic Family Time Guide included in this guide, as you will lead Family Time for your group throughout the event.

## **QUAKE DRESS CODE**

To encourage modesty and create a Christ-focused environment, agree on a dress code that includes the following (Wacky Wardrobe night clothing should follow these guidelines, as well):

- Clothes should be worn over swimsuits when outside the pool area.
- Shoes should be worn at all times in the common areas of the hotel.
- Inappropriate clothing, including clothing with questionable messages (tobacco, alcohol, obscenities, offensive designs, etc.), revealing tank tops, see-through clothing, short shorts and skirts, midriff shirts, lingerie, and skimpy swimsuits or anything that could make others uncomfortable is prohibited.

Group leaders are asked to enforce this policy.

## **PACKING LIST**

- Bible
- Paper/notepad
- Writing utensil
- Appropriate clothing
- Money for meals, offering, CDs, t-shirts, etc.
- Bedding and towels for the 5th person in a room (unless your hotel room accommodates 5-6 people. See registration website for more information)
- Positive attitude, enthusiasm, and willingness to participate

The following items are prohibited at Quake: alcohol, drugs, weapons (pocket knives, matches, etc.), inappropriate clothing (see covenant if you have questions), and negative attitudes.

## RULES & REGULATIONS

Please go over this list of rules and regulations with your youth group prior to attending Quake, and again, when you arrive for the weekend. We want Quake to be a fun and safe environment for all who attend.

- We agree all those present with our group - adults and youth - are considered event participants and agree to abide by these rules and regulations.
- We agree to be part of all scheduled activities at the event in conjunction with our group leader(s).
- For our own safety, we will not go out alone and we will keep our doors closed at all times.
- We understand that illegal activity, including underage drinking, by event participants is prohibited both on and off site during the event. We also encourage adult leaders to follow the example of Quake staff and abstain from consuming alcohol during the event to emphasize the importance of the example they set.
- We will make sure that our group leader(s) know where we are at all times.
- We will not leave the event hotel without our leader's permission.
- We agree to have at least one adult leader (21+ years old) onsite with our group throughout the duration of the event.
- We will report any illness or personal emergency to our group leader. If we cannot find our group leader or need additional help, we will go to a Quake Administrator or the front desk for assistance.
- We understand if we break or damage anything at the event hotel, we (not Life Promotions) are responsible for working with the hotel and fully paying for the repair.
- We agree to be quiet and inside our rooms (unless we are with an adult leader and quiet) during the listed curfew time.
- As event participants, we agree to have adult supervision while in hotel rooms when mixed genders are present.
- We agree to adhere to a dress code that is modest and appropriate. Should questions arise regarding modesty and appropriateness of dress, the Quake Administrator will have the final say.
- We understand by registering for a Life Promotions event, we agree to allow Life Promotions and The Awaken Project (ministry partner of Quake) to take pictures and/or videos during the event and use them for promotional purposes.
- We agree not to do anything that would jeopardize the enjoyment or safety of the other participants and guests at the hotel.
- If we choose not to follow these rules and regulations, we understand and accept the consequences decided upon by our adult leaders and/or Quake Administrator.
- We understand Life Promotions reserves the right to refuse the opportunity to participate in Life Promotions programs to people whose behavior is dangerous or questionable.

# WHAT TO EXPECT

## PRAYER

Prayer is essential to our faith-lives. Throughout the weekend, there will be opportunities for corporate prayer, small group prayer, and personal prayer time. Each Quake offers an experiential prayer room for those who would like to spend time in prayer in this way.

## QUAKE STAFF

Quake staff are Christian role-models both on and off the stage. Youth can get to know the staff on a personal level by inviting them to meals and Family Time. Your youth will love it!

## ADULT LEADER MEETING

Send one adult to the orientation meeting, which occurs after Friday Celebration. Be sure to bring the completed Housing Form and signed Overnight Policies (Each adult should read and sign their own copy of the Overnight Policies).

## HOTEL ROOMS

Your group's rooms will be as close together as possible. The physical layout of the building may prevent your rooms from being right next to each other. Incidentals such as pay-per-view movies, outside phone calls, room service, and video games will be turned off. Hotels are not able to turn off movie channels such as HBO and Showtime; please make sure you know what your youth are watching. You can make calls between rooms; please ensure prank calls are not made. Do not charge items to your room. If you would like incidentals, such as meals in the hotel restaurant or room service, go to the front desk with a credit card to pre-pay.

## CURFEW

Ensure everyone in your group is in their own room and quiet from the end of Family Time until curfew ends the following morning.

## CELEBRATIONS

Celebrations are high-energy, large group gatherings that include music, videos, Scripture and a Gospel-focused message.

## CAMPFIRE

Campfire is a large group gathering time of worship, prayer, and reflection at the end of each day. We ask you gather as a group to keep your youth focused and respectful.

## FAMILY TIME

Family Time is devotional time with your group to share, reflect, and pray in your hotel rooms. In this booklet, we have included pre-written thematic Family Time Guides for you to use, should you choose to do so.

## WORKSHOPS

Workshop registration may occur at Quake to help control the size of each session. Some Quake events offer workshops for adult leaders. Adults are welcome to observe at youth workshops, but please remember the priority is for youth to discuss and participate.

## LATE NIGHT ACTIVITIES

Activities may include games, service projects, prayer time, praise and worship, or a dance. We encourage you to have fun floating between activities and spending time with your youth.

## WACKY WARDROBE NIGHT

Quake offers Wacky Wardrobe Night for youth and adults on Saturday during Late Night Activities. It is a creative way to engage your group and have fun! See the flyer included in this guide for more details! Please be sure outfits adhere to the clothing guidelines for the Quake.

## PHOTOS

Stop by the Photo Booth to get your group photos, photos with new friends, Quake staff, or whomever you'd like and post your pictures on social media. Be sure to tag Quake using the following: **#QuakeEvents #Anchored #YouthEvent** and on Facebook: **@YouthQuakes** or Instagram: **@QuakeEvents**. We also would love to have your pictures DURING Quake of your youth participating in Quake activities. More information will be shared during the Leader's Meeting on Friday night. You may just see your group in our Sunday morning highlight reel!

## VARIETY SHOW

Many Quake events offer a Variety Show for youth to take the stage and perform a skit, musical talent, dance, puppet show, etc. We ask you to encourage your youth to pick Christian content or appropriately themed music and that adult leaders only participate to assist their group, not to perform individually. Please check your specific Quake schedule to see if there is a Variety Show offered at your event. To allow the maximum number of youth participants, we allow one entry per person and ask each act to remain under four minutes. Sign-up slips will be available at the Quake Info Booth. Acts must be approved by the group leader. Youth should bring all materials needed for their act due to limited resources onsite.

## **MEALS**

Meals are not included at Quake events. Meal breaks are typically 1 - 2 hours. Many hotels restrict the consumption of outside food in hallways, meeting rooms, and other public places within the building. Please contact your hotel directly to find out specific requirements.

## **OFFERING**

An offering is received at Sunday Celebration to support the service project. Please see the included flyer for more information on this year's offering. As you prepare your group for Quake, include a conversation about how to manage money. Offering is a meaningful opportunity for youth to practice generosity and support ministry beyond themselves. A simple reminder to set aside a few dollars ahead of time can go a long way in helping them come prepared to give with purpose and joy on Sunday morning!

## **MERCHANDISE**

Quake, speakers, and musicians may have items for sale such as t-shirts, hats, and CDs. Remind your group to bring extra money should they choose to support these ministries in this way.

## **POOL**

Swim time is not part of the Quake schedule. An adult leader (21+ years old) must always be present with youth while swimming, should your group decide to offer this as an option. Contact your hotel to find out if it has an indoor or outdoor pool.

## **CHECKOUT**

Load out of your rooms before Sunday Celebration and return keys to the Quake Info Booth. Check that you have no incidental room charges at the front desk.

# POST QUAKE

## PRAY

Pray for the youth to continue in their journey with the Lord.

## POST-QUAKE BIBLE STUDY

A thematic guide will be emailed to the group leader after Quake so the discussion and connections which began at Quake can continue.

## EVALUATE

We would like to get feedback from you and your youth about what went well at Quake and what we can improve moving forward. Please encourage your group to visit [QuakeEvent.com/Survey](https://QuakeEvent.com/Survey) to give feedback on the weekend. Comment cards are also available onsite at the Quake Info Booth.

## QUAKE 2027

Mark your calendar with next year's dates and check [QuakeEvent.com](https://QuakeEvent.com) for more details starting in late Spring 2026. Start thinking now of who you can invite to join you at Quake next year!

## VOLUNTEER

Quake would not be possible without volunteers. Contact your Quake Director to find out what opportunities are available.



# COVENANTS

## QUAKE COVENANT

- We agree those present with our group- adults and youth- are considered event participants and agree to abide by this covenant.
- We commit to prioritizing the safety of others and ourselves, so we can focus on our relationship with God in this environment.
- We commit to being respectful of the hotel and each other's property, as we are ambassadors for our church and Christ.
- We commit to a modest dress code, to not be a distraction to each other as we pursue a deeper relationship with Christ.
- We commit to pursuing God's purpose for us this weekend.
- We commit to trusting and communicating with our leaders this weekend.
- We commit to being open in the times of worship and respectful of those around us.
- We commit to having fun in Jesus' name.

## ADDITIONAL COVENANT IDEAS

Below are suggested covenant ideas for your group to personalize.

- The following conduct is not tolerable and if violated it will be handled with consequences determined by my group leader:
- The following clothing is not appropriate and will not be worn at Quake:
- We commit to treat each other as follows:
- We plan to participate in Quake activities in the following manner:

## ADULT COVENANT

Create an adult covenant to clearly state the responsibilities of adult leaders. Have adults sign the covenant and display it for your group at Quake.

- We will enforce Quake's Covenant and guidelines agreed upon by the group.
- We will have at least one adult leader (21+ years old) onsite with our group throughout the duration of the event.
- We will be positive role models by participating in all Quake activities.
- We know where the individuals within our group are at all times.
- We will follow the example of Quake staff by abstaining from alcohol during Quake.
- We are responsible for the conduct of the members in our group.
- We agree to support, pray for, and encourage the youth throughout the event.

# LEADER'S GUIDE

## PRE-QUAKE BIBLE STUDY

### LEADER NOTES

St. Peter is right when he says, “Lord, to whom shall we go? You have the words of eternal life.” (John 6:68) Because we believe, teach and confess this, all messages, songs, activities and events at the Quake are based on Holy Scripture, which is God’s Word that brings light and life. This Pre-Quake Bible Study is offered to help potential event goers hear and know the weekend’s theme and theme verse, have them open and use their own Bibles and offer to them the “Aha!” that Jesus (along with His promises) is the truthful and lasting anchor as they face the storms in their lives. God’s blessings to you and your group as you use this study.

This is the first study offered in connection with this year’s Quake. The other studies will be during Quake (Family Times) and after you return home from the weekend (Post Quake Bible Study). Each study includes “Additional Exploration” sections (outlined in red text boxes). These optional sections can be used if your group is ready to dive deeper into faith discussions.

We included some optional games at the beginning of this study. If your group would benefit from one or more ice breakers before the Bible Study starts or perhaps needs an “energy break” during the study, feel free to use one or more of these games or add one of your own!

### TEXT DESIGNATIONS

Plain text (not bold, underlined or italicized) indicates instruction for the leader. These sections will include transitional ideas to help you facilitate discussion or provide background information. They do not need to be shared with the group unless you feel it is appropriate.

*Italicized text* indicates information that should be shared with the group. Feel free to use your own words or read the text as written.

*Italicized & underlined* text indicates a prayer or Bible verse and may be read by the leader or another participant.

## GOALS

- Provide insight into the Quake theme.
- Prepare your group for the Holy Spirit to work in each person.
- Strengthen your group as they explore the depth of God's love.
- Build anticipation and calm fears about Quake.

## SUPPLIES

- Bibles
- A pen/pencil for each person in the group
- A piece of paper for each person in the group
- Large flip chart or poster board (Covenant)
- A few markers (Covenant)
- Additional paper for each person in the group (ADDITIONAL EXPLORATION)

Before you begin the study, assign individuals to read these verses during the appropriate times:

- Hebrews 6:19
- John 11:21-27
- Romans 8:31-32
- Joshua 1:9 – ADDITIONAL EXPLORATION
- 1 Samuel 17:4-7, 45-50 – ADDITIONAL EXPLORATION
- Revelation 21:1-5 – ADDITIONAL EXPLORATION

## OPTIONAL GAMES

### GAME OPTION 1- ICEBREAKER

#### SUPPLIES

- Open space in the room where students can move freely from one side to the other.
- Tape
- Signs that read "Confident" and "Unsure/Lost"

#### PREPARATION

- Clear a large area in the room or find an open outdoor space.
- Label or tape the two sides of the space as "Confident" and "Unsure/Lost".
- Print or prepare a list of statements to read aloud to the group.
- Briefly review debrief questions to guide the discussion afterward.

#### DIRECTIONS

Invite students to stand in the middle of the room or open space. Then share the following:

*I'm going to read some statements. If a statement makes you feel steady and confident, move to the 'Confident' side. If it makes you feel unsure or lost, move to the 'Unsure/Lost' side.*

Read each statement aloud, one at a time, giving students a moment to move to the side that matches their feelings.

Suggested statements (choose 7–10, or modify to fit your group):

- *You post something online, and no one likes or comments on it.*
- *Your best friend suddenly stops talking to you.*
- *You study really hard for a test and get an A.*
- *Someone thanks you for encouraging them when they were down.*
- *You're at a new school or youth group and don't know anyone.*
- *You feel like God answered one of your prayers.*
- *You mess up in front of a crowd or on stage.*
- *A teammate or classmate makes fun of you for going to church.*
- *You're having a great day; everything seems to be going right.*
- *You don't know what your future holds after high school.*
- *You have a big test tomorrow but forgot to study.*
- *A friend stands up for you when someone's being mean.*
- *You're asked to pray aloud in front of others.*
- *You feel like God isn't listening.*

## DEBRIEF

After reading all statements, ask students to return to the middle and sit for reflection. Then discuss the following:

- *What helps you feel steadier and more confident when tough things happen?*
- *How does knowing that Jesus gives us hope change how we react to these moments?*
- *If hope in Jesus makes us feel steady and confident, what happens when we let go of it?*

Encourage students to remember that even when life makes them feel unsure or lost, hope in Jesus acts like an anchor, helping them respond with confidence and steadiness.

## GAME OPTION 2 – MOVEMENT BREAK – USE WHEN STUDENTS NEED A BREAK OR AFTER READING 1 SAMUEL 17, IF DOING THE ADDITIONAL EXPLORATION

### SUPPLIES

- Access to standing water (choose the option that best fits your group):
  - A sink filled with water (for a small group)
  - Large bowls or tubs of water (1 per 3–4 students)
  - Kiddy pool(s) for large groups
- Small cups for each student (paper or plastic cups, for example, 2 oz. Dixie cups)
- Sand, pebbles, or small metal washers (something to use as “weights”)
- Paper towels or rags for drying up spills

### PREPARATION

- Decide where the activity will take place (indoors with sinks or bowls, or outdoors with a kiddy pool).
- Fill the water containers before students arrive.
- Set up a distribution area for cups and small weights.
- Place towels nearby to manage spills or splashes.

### DIRECTIONS

Invite students to gather around the water source(s). Explain that this activity will show how something simple, like a small weight, can make a big difference when things around us feel unstable.

Give each student an empty cup and ask them to gently place their cup on the surface of the water. Then discuss the following:

*Watch what happens:*

- *Does your cup stay in one place?*
- *Does it tip or drift?*

Now ask the students to add a small amount of sand, pebbles, or a washer into their cup and gently place it back on the water then share and discuss the following:

- *How does the cup behave now?*
- *What changed when we added weight to the cup?*
- *How does the weight act like an anchor?*
- *In life, what helps us stay steady when things get rough or uncertain?*
- *How is trusting God’s promises like giving your life an anchor?*

(Optional tie-in, if doing the ADDITIONAL EXPLORATION)

- *Think about 1 Samuel 17. How was David “anchored” in God’s promises when he faced Goliath?*

## DEBRIEF

Share the following to close the activity:

*Just like the weight helped the cup stay steady, trusting God’s promises keeps us grounded. When life feels shaky, we can rely on Him to hold us firm.*

## OPENING

Ask someone to open in prayer or they can read the following:

Lord Jesus Christ, You are the Word who became flesh and dwelt among us. You remind us that all authority in heaven and on earth was given to You by the Father. Knowing You have given Your written Word to us, we trust in the promises and assurance You offer as we see the dedication of Your sacrifice and power of Your love. May we become more secure in knowing You have anchored our lives in a safe place with a hopeful plan for our lives. All this we pray in Your name Jesus, along with the Father and the Holy Spirit. Amen

Distribute paper and pens/pencils. Ask everyone to write down their answers to the following:

- *On a scale of 1 to 10 (1 being little and 10 being lots), what is your day-to-day anxiety level?*
- *What do you think is the difference between “being bored” and “being at peace?”*
- *What areas of your life do you feel most adrift and out of control?*
- *How would an anchor help?*

Invite the group to share their responses, as they are comfortable.

## EXPANDING OUR UNDERSTANDING

*Our theme this year for Quake is “ANCHORED”.*

Ask the volunteer to read Hebrews 6:19 aloud and then share and discuss the following:

*Supported by our theme verse, we see Who and what helps us through the storms and rough waters of life. “We have this hope as an anchor for the soul, firm and secure.”*

- *Why do ships/boats have and need anchors?*
- *What do you think “Hope” means?*
- *How is this different than just wishful thinking?*
- *How does the hope Jesus offers “ANCHOR” our lives and souls?*

Ask the volunteer to read John 11:21-27 then discuss the following:

*Even in grief of a loved one’s death, Jesus is the anchor.*

*Martha scolds Jesus for being absent when her brother died.*

- *Do you ever want to scold God?*
- *Why does Martha believe Jesus can do whatever He wants?*

*Messiah is a Hebrew word meaning “the Anointed One. The Greek word for this is “Christ”.*

- *What do you think Jesus wants Martha to get from this conversation?*
- *What does Jesus mean when He says He **IS** the resurrection and the life and not that He just offers these things?*

Ask the volunteer to read Romans 8:31-32 then discuss the following:

- *Does it sometimes feel like God isn’t on your side?*
  - *When do you feel like this?*
- *What do you do when it feels like God is working against you, your friends and family or your plans?*
- *St. Paul says God is for us and challenges any to be against us. How does this encourage you in your life, especially in situations when you are struggling?*
- *Basically, Paul says in verse 32 that God gave us His best, be assured He will take care of the rest. What can help you remember this, the assurance of God’s love shown in Jesus – the trustworthiness of Jesus’ death and resurrection - on a daily basis?*

## ADDITIONAL EXPLORATION

Ask the volunteer to read Joshua 1:9 then discuss the following:

- *What does it mean to be strong and courageous?*
- *Why should we be able to be these things?*
- *When were we equipped for this?*

*This verse also says what not to be afraid and discouraged.*

- *Do you ever feel afraid and discouraged?*
  - *Why do you think you feel this way?*
  - *How much do these things effect the joy in your life?*
- *God promises something at the end of this verse. What is it?*
  - *How does knowing this make you feel?*

Ask the volunteer to read 1 Samuel: 17:4-7, 45-50 then share the following:

- *David was little more than a boy and Goliath was a giant. How is Jesus like David when He came to earth?*
- *What giants did Jesus face?*
- *How did Jesus beat these “giants”?*

(Please note: this passage is not about us being like David and facing the Goliaths. Jesus is the David and faces the giant problems for us!)

Make sure each person has a piece of paper and a writing utensil. Then share the following:

*I will read some statements. On a scale of 1-5, 1 being “not me” and 5 being “totally me,” write down the number that best reflects how you feel.*

- *I often face big problems and feel overwhelmed.*
- *I hardly ever worry about what others think of me.*
- *I believe that Jesus is with me and can help me deal with my problems.*
- *I'd like to have someone help remind me that Jesus is my anchor.*

Invite students to share their responses if they are comfortable. Remind them that there are people in their lives (youth leaders, pastors, parents, friends in this group, etc.) who can and SHOULD be there to help remind them that Jesus is their anchor when times are tough. Likewise, they should be there to help remind each other!

Ask the volunteer to read Revelation 21:1-5 then share the following:

*The ultimate ANCHOR we, as followers of Jesus, have is that our entrance into heaven is absolutely assured! Jesus' blood has washed away all our sin and the punishment we deserve has already been paid. We're in!  
Notice all the New-ness that heaven holds.*



- *What will be taken away when we are in heaven?*

*God promises we will be there with the One who loves us more than anyone ever has!*

- *How do you picture heaven?*

## COVENANT

*To assure healthy relationships and a healthy community, it is important for us to create a covenant together that clearly outlines our promises to one another.*

Read Quake's Covenant to the group, which can be found in the "Tips for Success."

*In addition to Quake's Covenant, what do you think it's important to commit to for the weekend?*

Some answers may include: arrive on time, attend all sessions, respect one another's property, no pranks, listen to one another, no gossiping, or pray for each other and for the event.

Clothing guideline: To encourage modesty and create a Christ-focused environment, Quake asks your group to agree on an appropriate dress code in your covenant. For more information on Quake's clothing guideline, please refer to the "Tips for Success"

Write these items on a large piece of paper or posterboard. Remind the group that this covenant is a binding agreement and anyone who feels they cannot uphold any part of this covenant should speak up now.

Discuss what the students feel should be consequences if someone breaks the covenant. At the end, have the students and adults sign the covenant and commit to this promise to the group. Bring this and visibly display it at Quake as a reminder of what everyone has agreed to for the weekend.

## CLOSING

*We are ANCHORED in this life and not at the mercy of the wind and waves of this world or even our own feelings. Jesus demonstrated His love for us by His amazing sacrifice on Calvary's cross. This, coupled with the power shown at the empty tomb, assures us that even death or the fear of death can't send us off course as we voyage through life. We can go boldly and secure, not in our selves but because we are ANCHORED by the presence of our Savior! This ANCHOR will hold us all the way into heaven!*

Ask a volunteer to close in prayer or read the following:

*Good, good Father in heaven, the uncertainty, confusion and anxiety so evident in our world tempts us to tiptoe through our lives instead of confidently marching boldly. Remind us, loving Lord, that Jesus is with us every day and fiercely loves us. Anchored in Him, we can live joyfully and hopefully always. All this we pray in the name of Jesus. AMEN*

# LEADER'S GUIDE

## FAMILY TIME GUIDE

### LEADER NOTES

Lots of new experiences will be shared by your group during the Quake. Great music and singing, inspiring messages based on Holy Scripture, being surrounded by both familiar and new people as well as the Holy Spirit's presence all contribute to open up, confront, comfort and enliven the hearts of youth and adults. It's important to reflect on and discuss these happenings so they are not forgotten. To help with this, Quake builds into the schedule intentional "Family Times". Four Family Times will take place during this weekend: Friday evening, midday on Saturday, Saturday evening and Sunday morning. These Family Times are meant to be spent together with your group (or joined with another group) back in your room or other agreed upon space where everyone can voice their feelings, thoughts, and experiences. This Family Time Guide offers some Scripture reading, study, and discussion to help guide your thinking and praying. May the Holy Spirit draw you closer to Jesus and each other during these times.

The first three Family Times include an "Additional Exploration" section (outlined in a red text box). These sections are optional and can be used if your group is ready to dive deeper into faith discussions.

### TEXT DESIGNATIONS

Plain text (not bold, underlined or italicized) indicates instruction for you as the leader. These sections are transitional ideas to help you facilitate discussion or provide background information. They do not need to be shared with the group, unless you deem it appropriate

*Italicized text* indicates information to be shared with the group. Feel free to read the text as it is written.

*Italicized & underlined text* indicates where a prayer or verse may be read by the leader or another participant.

## GOALS

- Connect with one another and share thoughts, feelings and experiences of each day.
- “Let the Word of God dwell in you richly” and to take away perspectives that are new to your thinking and/or solidify understandings already held.
- Continue in the sure and certain knowledge that we are loved and saved by Jesus through His sacrifice on Calvary’s cross and His rising from the dead.
- Be made aware that our God ferociously loves us, is not looking to torment us or punish us. The hope we find in Jesus is the ANCHOR for our lives, salvation and joy.

## SUPPLIES

- Bibles.
- A few pieces of paper for each person (for Saturday afternoon and the Additional Exploration on Saturday evening).
- A pen/pencil for each person in the group.

## FRIDAY NIGHT FAMILY TIME

### OPENING

Ask a volunteer to open with a prayer reflecting on the evening or they can read the following:

*Lord Jesus Christ, it is hard not to be swept away by the winds and the waves of our society and culture. Our eyes are dazzled by the things of this world and sometimes our needs and wants lead us to unhealthy and unholy places. Grasp us again by Your love as You guide, guard and govern us through the tempests on our lifetime voyage. Help us to see and rely on You as the anchor that keeps us from drifting away. We ask this in Your name Jesus, AMEN.*

### PERSONAL REFLECTION ON THE DAY AND “HIGHS” AND “LOWS”

*On a scale of one to ten, one being low and ten being high*

- *What was your anxiety level in preparing for this weekend and when you arrived at Quake? Why?*
- *After experiencing the first celebration tonight, where is your anxiety level now? Why?*

Invite all participants (both youth and adults) to answer. Then go around the room and ask each person to answer the following:

- *My “high” for today was... Why?*
- *My “low” for today was... Why?*

## MEDITATION

*Our theme this weekend is ANCHORED based on Hebrews 6:19.*

Ask participants to find this verse in their Bibles and invite a volunteer to read or recite it aloud. Then discuss the following:

- *It's been said, everyone you meet at any given time has a deep inner struggle going on. Do you agree with this?*
- *What do you think are the big inner struggles most young people are dealing with right these days?*
- *What are some ways people handle these struggles?*
- *Does hearing that "Jesus's promises are an anchor for us" make you feel burdened, comforted or something else? Please explain your answer.*
- *It's not just the inner struggles that bombard us. The pressures from outside cause us to falter, too. What are some of the big outside pressures young people face?*
- *How can Jesus offer stability and confidence?*
- *What can you do to help better understand and remember Jesus' promises?*

## ADDITIONAL EXPLORATION

*Life has often been compared with being on a sea voyage. Storms at sea can sometimes seem like the worst storms because the ship is at the mercy of the wind and the waves. Jesus has the power to calm the wind and the waves AND He can calm the person who is terrorized by the wind and waves. He anchors us to hope and confidence.*

Ask a volunteer to read Mark 4:35-40 aloud and then discuss the following:

- *The Sea of Galilee is like a sunken bowl surrounded by dry arid lands. When the storms come across the lands and swoop into the valley of the sea, the winds bounce off the sides of this bowl and create terrific storms. What kind of storm does this passage talk about and why is this important?*
- *What is Jesus doing when the storm comes?*
- *What do the disciples accuse Him of?*
- *The Greek phrase Jesus uses to confront the storm literally is: "Put a muzzle on it!" Jesus muzzles the beast of wind and wave. What happens then?*
- *Can Jesus muzzle the storms in our lives still today?*
- *Do you ask Jesus for help in all your storms? If not, what keeps you from asking for his help in all your storms?*

Ask a volunteer to read Philippians 4:6-7 aloud and then discuss the following:

- *What is the direction or "command" here?*
- *Why is this easier said than done?*
- *What are the three things Paul directs us to do instead of being anxious?*

- *What do each of these three things mean?*
- *What keeps us from doing these things regularly?*
- *When do you most often talk to God?*
- *The peace of God is often defined as: “Not an absence of turmoil, but security in the midst of the struggle.” What does a peaceful life look like to you?*
- *Are you more often at peace or more often agitated?*
- *How important is it to have peace in your life right now?*

## CLOSING PRAYER

Invite everyone to sit in a circle then go around and ask each person to share one thing they will remember most from this Family Time.

Then pray:

Loving Father, thank You for bringing us safely to this place. With so much going on in the world and also in our own lives, we look to You for help, comfort, strength and direction. We are hoping the people and this program, all empowered by the Holy Spirit, offer us a closeness to You. Now, may we get good rest tonight assured of Your attention and care. All this we pray in the name of Your Son, Jesus. AMEN

## SATURDAY AFTERNOON FAMILY TIME

### OPENING

Ask a volunteer to open in prayer or they can read the following:

Loving God, it's hard to be the person we want to be. Even our best efforts can fall way short of living up to our and other people's expectations. We have sinned many times and we have repented often, but sometimes it seems like there is no difference in us. Help us to let go of the notion we can fix ourselves and help us to see Your incredible love for us, even in our mess-ups. Then, help us build our lives on Your promises and Word. In Your name Jesus, we pray. AMEN.

### WHAT MATTERS TO ME

Give everyone a piece of paper and a pen/pencil.

Ask them to list three to five goals they would like to accomplish in their life (a bucket list). Allow time for them to write down their answers.

Next ask them to write down three to five things they are struggling with most right now. Allow time for them to write down their answers.

Finally, ask them to write down when/where they feel most secure, safe and

happy. Allow time for them to write down their answers.

Ask if anyone is willing to share their answers and explain what they wrote.

Ask a volunteer to read Philippians 4:11-13 then share the following:

- *What is the difference between being “happy” and being “content?”* (If your group did the Additional Exploration Friday Night, this is a good opportunity to remind them of how God gives us peace in the midst of our struggles!)
- *It makes sense that you can be content when you are happy. Is it also possible to be content when you are NOT happy?*
- *This activity helps us identify where we are emotionally and mentally at this moment in our lives. Are you content with where you are?*

## **MEDITATION**

As a reminder, our theme this weekend is ANCHORED based on Hebrews 6:19.

Can anyone recite the theme verse from memory? If not, let's look it up together in our Bibles.

*“This Hope,” which is our anchor, means the promises God offers to us in the Bible.*

- *Have you ever broken a promise to someone?*
- *Has anyone ever broken a promise to you?*
- *Why do broken promises hurt so much?*
- *God can't break His promises (even if it feels like He can). How can we best learn to trust God's reliability?*
- *If you're going to build your life on God's Word (trusting in His promises), what is the best way to learn and understand God's Word?*
- *What are some ways you can keep Bible reading/study from being boring or a thief of your time?*
- *What can you do to first quiet your mind and heart from all the thoughts, activities and distractions that distract you? Practice doing this regularly so your heart and mind can receive what God wants you to know and feel.*

## ADDITIONAL EXPLORATION

Ask a volunteer to read Psalm 119:105 then discuss the following:

- *Imagine walking through your house in the dark. It may be easy to know where you're going in a familiar place, even without lights. Now imagine you are in an unfamiliar home, trying to find your way in the dark. It would likely be difficult to navigate in a new place. How would this make you feel? What would this do to your feelings of being confident, calm and under control?*
- *Sometimes our lives can feel like that. No one knows their future. We have to take it as it comes. Sometimes we're unprepared and ill-equipped to handle situations that come up in our lives – almost feeling like we're stumbling in the dark. How can the Bible lead us and light our path even when we're faced with new and frightening events?*

*The Bible is not a magic wand or a shaker full of fairy dust that allows us to magically escape from all our hardships and trials. It is something much better! It is both a love letter from the God who promises to walk with you and a road map to help you get to where God would have you go.*

- *Why are both things important for you to have confidence and joy in life?*

Ask a volunteer to read Colossians 3:16 then discuss the following:

- *What does St. Paul mean by letting the Word “dwell” or “live” inside you?*
- *Why is this important?*

*Some churches encourage both students and adults to memorize Bible passages to help the message of Christ “dwell” within them.*

Give everyone a piece of paper and pen/pencil. Encourage them to create a daily/weekly schedule of Bible reading. Remind them this doesn't have to be long or difficult. It can be as simple as choosing a Bible verse every week to memorize and think on. Share the following verses with the group and ask them to write them down, one on each line, to start the first 6 Bible verse for them to memorize (some of them may already be familiar!). Be sure to follow up at future youth group meetings or via email to check in and see how their Bible reading/memorizing is coming along!

*John 3:16*

*Joshua 1:9*

*Hebrews 6:19*

*1 Timothy 4:12*

*Psalm 119:105*

*Romans 8:39*



## CLOSING PRAYER

Invite everyone to sit in and circle. Ask if anyone has a favorite Bible passage they'd like to share. After everyone who wants to has a chance to share, pray:

We want to know more of You, Lord Jesus. Give us both the time and the desire to read Your Word and think about what it means for us. Forgive us for allowing ourselves to be distracted by so many unnecessary and unimportant things. Help us to be more intentional in living out our faith. In Your name Jesus, we pray. AMEN

## SATURDAY NIGHT FAMILY TIME

### OPENING

Ask a volunteer to open with a prayer reflecting on the evening or read the following:

Gracious God, today was a full day. Meeting new people, engaging in new events and having new experiences did indeed happen, as well as enjoying familiar occurrences too. Thank You for these people and times. Thank You for letting us all be here together. Now give us Your Spirit as we remember, reflect on and retell about our thoughts and experiences of the day. All this we pray in the name of Your Son, our Savior, Jesus. AMEN

### PERSONAL REFLECTION ON THE DAY AND “HIGHS” AND “LOWS”

- Does anyone have any questions, or thoughts they'd like to share about this weekend at Quake?
- Did this weekend help draw you closer to God?
- Did this weekend help draw you closer to this “family group”?
- Do you think it will be hard to share with family and friends back home what this weekend was like for you? Why?
- What will be the most important thing you would want to tell them?

Then go around the room and ask each person to answer the following:

- My “high” for today was... Why?
- My “low” for today was... Why?

### MEDITATION

Who can tell us what our theme is this weekend?

Can anyone recite our theme verse, Hebrews 6:19, from memory or find it in your Bible and read it aloud?

The problems or “storms” we face in life will change as we get older.

- How can you keep Jesus as the anchor through your school years and

even as you become an adult?

- What do you think will be the hardest part of keeping Jesus as your anchor?
- What are things you can do to make it easier to keep Jesus as your anchor?
- How can you be assured that Jesus always wants to keep you anchored, even in the storms of life?
- Relationships remain and get stronger the more time people spend with the ones they're in relationship with. How can you spend more time with Jesus in your life right now?

## ADDITIONAL EXPLORATION

Ask a volunteer to read Psalm 18:1-3 then discuss the following:

*King David, who writes this Psalm, starts out by declaring he loves the Lord because He is his "strength".*

- Do you feel God is your ultimate strength?
- How can we show our thanks to God?
- What is the difference between a rock, a fortress and a deliverer?
- Why are all three important to feel safe?

*In many Bible translations the word "rock" is used twice in these verses. The original words were written in the Hebrew language and there are two different Hebrew words used that are both translated as rock. The first word describes more of a stronghold, or fortress, whereas the second word describes more of a mountain.*

- Why would both of these be beneficial in being able to withstand enemy/evil forces?
- Do you think our praising God encourages God to help us in times of need?
- Whether we praise God or not does not determine God's help in times of need. God cannot love us any more or less than He does, because of anything we do. However, what purpose might regular practice of praise and worship serve?

Give everyone a pen/pencil and piece of paper and ask them to draw a line down the center of the page, making two columns.

Title the left column "Times I have felt unsafe." Title the right column "Things that make me feel safe and confident." Give everyone several minutes to write things down and then invite participants to share their answers, as they are comfortable. Direct the discussion to help students see how Jesus can be present and help in both circumstances.

Ask a volunteer to read Matthew 14:22-33 then discuss the following:

- *Why do you think Jesus walked on the water? Was He just in a hurry to get to the disciples in the boat or was He making another point?*

*Notice the time of night: “the fourth watch.” This is 3:00am – 6:00am. This is most often the darkest part of the night.*

- *Why would the disciples be most afraid at this time of night?*
- *How does Jesus calm their fear?*
- *Was Peter brave in climbing out of the boat?*
- *Who was Peter paying attention to while he was still in the boat?*
- *What did he pay attention to when he climbed out of the boat and started walking on the water?*
- *What happened when his attention shifted?*
- *What does that say to us when we’re in dangerous areas or times?*
- *How and when does Jesus respond when Peter starts to sink?*
- *What does that say to us about Jesus’ desire to be our safety and anchor?*

## CLOSING

Invite everyone to sit in a circle and join hands with the right hand on top and the left hand on the bottom. This way everyone’s left hand is supporting the right hand of their neighbor and everyone’s right hand is being supported by their neighbor. Then pray:

Lord and Savior Jesus Christ, we all have sailed through many storms in the voyages of our lives. We know there will be storms ahead that threaten to shipwreck our lives and our souls. We know that You love us more than we can even imagine, so we ask You for Your continual protection and presence. We pray this in Your name, Jesus. AMEN

## SUNDAY MORNING FAMILY TIME

### REFLECTION AND WRAP UP

*The theme of this weekend, ANCHORED, comes to us from Hebrews 6:19 and reminds us that, just like a ship needs an anchor to stay steady, we all need something strong to hold us firm. As we discuss these questions, let’s look back on the weekend and see how God has shown Himself to be the ANCHOR who holds us securely through every challenge, giving us real hope and confidence that lasts.*

- *Did you experience anything unexpected this weekend? Maybe a surprising moment where God spoke to you or an unexpected connection with someone in our group?*
- *How did you experience the theme through the speaker and musicians? Reflect on how their words and music helped you see that Jesus is our secure ANCHOR in all the storms of life.*

- *What was your favorite part of Quake? Share a memory that stands out and why it was special.*
- *What was the best workshop you attended and what did you learn? How did it challenge or encourage your faith?*
- *When did you feel most connected to God this weekend? Maybe during worship, in a quiet prayer moment, or while talking with others?*
- *When did you feel connected to the community here at Quake and/or each other? Think about times when you felt supported and encouraged.*
- *How are you more equipped to talk about who God is and His promise for us, that He is a strong anchor in times of trouble and that even in the calm, He provides stability, keeping us from drifting off course? How can you share this truth with others?*
- *Imagine you're talking to a friend who wasn't here. What will you tell people about this weekend? What story, lesson, or moment will you share to show what God taught you?*

## **CLOSING**

Ask for a volunteer to close in prayer or read the following:

Lord Jesus, thank You for this weekend and for showing us that You are our ANCHOR not only in the storms we face in life, but also in the calm moments. Thank You for loving us so much. Help us carry everything we've learned about Your promises into our daily lives. Please remind us this week that Your love is the ANCHOR we need, no matter what we face. Help us to share Your love with others. Thank You for bringing us to Quake this weekend and for the new friendships and memories we've made. Guide us as we go home and keep us close to You every day. In Jesus' name, we pray. AMEN

## 2026 SATURDAY NIGHT WACKY WARDROBE

THEME



# PIRATES



**Ahoy! Get ready for a fun and adventurous night!**

**All are invited to wear creative costumes inspired by classic pirate style - think striped shirts, boots, bandanas, and vests.**



## OFFERING

The offering received at Sunday morning Celebration will support our food-packaging service project at Quake for Orphan Grain Train. These meals help people in South Sudan, Liberia, Haiti, and Ukraine, as well as disaster relief around the globe (including the US).

In 2025 Quake participants packaged just over 53,000 meals. We hope to increase our impact in 2026!

We invite you to join us in sharing faith by serving others and support this service project financially.

Donations can also be made through this QR code. Please indicate "offering" in the "Gift Notes" box.



## WORSHIP THROUGH GIVING

