

LEADER'S GUIDE

BREATHE.



Matthew 11:28

“Come to me, all you who are weary and burdened, and I will give you rest.”

Matthew 11:28

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!



QuakeEvent.com



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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 a link to a promotional video to help you advertise your Quake.

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.

SPECIAL NEEDS

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

ROOM ASSIGNMENT

Download the Housing Form on your Quake event website. You are responsible for assigning youth and adults to rooms. Bring the completed Housing Form and copies of signed Overnight Policies (one copy signed by each adult leader) to the Adult Leader Meeting on Friday evening. 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 which 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 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, adult leaders, 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!

CHECK-IN

Arrive Friday between 5:30 PM and 7:30 PM. Send your group leader to the Quake registration area (most often located in the ballroom foyer) for room keys and welcome packet. Have the rest of your group wait in your vehicles. If the number of middle schoolers, high schoolers, or adults have changed since you registered, let Quake staff know at check-in.

ADULT LEADER MEETING

Send one adult to the orientation meeting, which occurs after Friday Celebration. Be sure to bring the completed Housing form and Overnight Policies signed by each adult.

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 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, a Gospel-focused message and Scripture.

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. If your group would like a meeting room for Family Time, indicate this on your registration in the “Any special room needs?” section or email the Quake Director. We will do our best to provide a room for your use.

WORKSHOPS

Workshop information will be in the program available on your Quake webpage and emailed to the main group leader the Wednesday before Quake. 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. Check your program the Wednesday before Quake for the specific activities being offered. 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 or in the promo kit 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 #YouthEvent #Breathe #QuakeBreatheEasy #BreatheatQuake** 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 or email the Quake Director 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.

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 2025

Mark your calendar with next year's dates and check [QuakeEvent.com](https://quakeevent.com) for more details starting in late Spring 2024. 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- adult leaders 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 Christ.
- We commit to being distraction free so we and others can encounter Jesus.
- 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.
- Each adult leader is responsible for the conduct of the members of their group.
- We agree to support, pray for, and encourage the youth throughout the event.

LEADER'S GUIDE

PRE-QUAKE BIBLE STUDY

LEADER NOTES

INTRODUCTION

The Psalmist says, “Your Word is a lamp unto my feet and a light unto my path.” God’s Word is the foundation for Quake. The music, messages and activities are all Bible-based and designed to have God’s Word enter hearts and minds. This study will help you get ready for the Quake and feel comfortable handling God’s Word. This is the first study offered in connection with the Quake you will be attending. The other studies will be during Quake and after you return home from the weekend. Each study includes “Additional Exploration” sections (outlined in a blue box). These optional sections can be used if your group is ready to dive deeper into faith discussions.

This year we have added an optional game. If your group would benefit from having an ice breaker before the Bible Study starts or perhaps needs an “energy break” during the study, feel free to use this or add one of your own.

TEXT DESIGNATIONS

Plain text (not bold, underlined or italicized) indicates instruction for you as 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 a 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

PREPARATION

Supplies

- Bibles
- A pen/pencil for each person in the group
- A piece of paper for each person in the group (Extra paper for "Additional Exploration")
- Large piece of paper and marker for the Covenant section

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

- Matthew 11:28
- Genesis 2:2-3
- Psalm 91:1-4
- John 4:3-6 (Additional Exploration)
- 2 Peter 3:9 (Additional Exploration)
- 1 Kings 5:3-5 (Additional Exploration)

PRE-QUAKE BIBLE STUDY

OPTIONAL GAME: BREATHING CHARADES

PREPARATION

Write or print each of the words/phrases below on small pieces of paper. Fold each piece in half and place in a basket before the game begins.

- Blowing up a balloon
- Blowing a kiss
- Inhaling fresh air
- Whistling
- Blowing out birthday candles
- Blowing a whistle
- Blowing bubbles
- Catching your breath
- Blowing a dandelion
- Sneezing
- Snorkeling
- Breathe in, breathe out

DIRECTIONS FOR PLAY

Have a student draw a slip of paper from the basket and silently act out the word or phrase written on the paper while the group guesses the action. Encourage actors to use body language, facial expressions, and gestures to convey these actions without speaking. The first person to guess the action, exactly as it is printed, is the next actor to pull an action from the basket.

VARIATION OF GAME

Instead of acting out the phrases, students could draw the action while the group has one minute to guess what is being drawn. Supplies for this version include a whiteboard, chalkboard or flip chart and markers.

OPENING (5-10 minutes)

Ask someone to open in prayer or have them read the following:

Lord Jesus, in the midst of the craziness and chaos of life, You offer to give us rest. As we study Your Word and lean on Your understanding, may we find peace in our hearts and for our lives. There are other offerings of peace in this world that are unhealthy and unholy. Help us to see and know the difference between what You offer and what the world offers. All

this we pray in Your name Jesus, along with the Father and the Holy Spirit.

Amen

Distribute paper and a pen/pencil. Ask everyone to write down their answers to the following:

- *What are some of the biggest stresses for people your age right now?*
- *What do most Christians believe Jesus can/will do for them? Is this enough? Why or why not?*
- *When do you find it hardest to let Jesus take over your troubles and issues and give you His rest?*
- *Have you ever felt God let you down in your stresses or difficulties?*
- *What are some of the issues you need rest from right now?*
- *With anxiety on the rise and more problems resulting from anxiety, how can you best BREATHE and get that rest?*

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

EXPANDING OUR UNDERSTANDING (15-20 minutes)

BREATHE is our theme this year based on Matthew 11:28.

Ask the volunteer to read Matthew 11:28 aloud and then discuss the following:

Jesus is not unaware of the stresses and strains of our lives. He also doesn't just expect us to handle them on our own.

- *Where does Jesus direct us to go with our stresses?*

Later, He says He gives rest for our souls.

- *What does it mean to give "rest for our souls"?*
- *Why are emotional and spiritual tiredness harder on a person than just physical exhaustion?*
- *Why do we need to "catch our breath" with Jesus and BREATHE easier?*

Our God is a God who rests and wants us to rest.

Ask the volunteer to read Genesis 2:2-3 aloud then discuss the following:

Notice how long God rested.

- *Why did He take a full day?*
- *What do you think He did that day?*
- *What day did God take to rest?*

The word "sabbath" comes from the Hebrew meaning "rest."

- *Why do Christians take their Sabbath on Sunday not Saturday? (Hint: what major thing happened on a Sunday?)*
- *Does it matter which day we rest, or should we just make sure we take a day of rest? (Romans 14:5)*

The rest God gives brings good things to us!

Ask the volunteer to read Psalms 91:1-4 and then discuss the following:

God's rest doesn't just mean stopping our activities.

- *What does resting in His shadow mean?*
- *Why does the Psalmist talk about our protection when he talks about us resting? Is this good?*

Jesus died on the cross taking away our sins.

- *How was this our ultimate protection?*
- *What kind of spiritual rest would be most beneficial for you now? Why?*

ADDITIONAL EXPLORATION (15-20 minutes)

Ask the volunteer to read [John 4:3-6](#) aloud and then discuss the following:

- *Why did Jesus rest by the well?*
- *What does this say about His humanity?*
- *Why is it good Jesus can identify with us when we get tired?*
- *If Jesus as God-man needed to rest what does that say about building rest into our schedules?*

Just as a good paper needs margins, so do our lives.

- *Why is it hard for you to build margins into the busy-ness of your life?*
- *When do you most need rest?*

Truly, no one is at their best when they are running on empty or even only half-full. Great athletes, performers and soldiers will tell you “rest” needs to be part of their routine for the best performance. If that is true for them, so it is for us.

Distribute another piece of paper to each person in the group. Ask the volunteer to read

[2 Peter 3:9](#) then ask everyone to write down their answers to the following:

- *What do you think God wants us to get out of this verse?*
- *How does this help us BREATHE?*
- *What does “repent” mean?*
- *Why should we repent before we come to Jesus?*

Invite volunteers to share their responses. Then share the following:

As I read each of the following, write down in which areas of your life you want more rest:

- *sports/band /drama*
- *self-image*
- *relating with family*
- *worrying about conflicts*
- *anxiety about friends*
- *finding balance in following Jesus*
- *figuring out relationships - boyfriend/girlfriend*
- *other areas?*
- *facing my future*

Invite anyone who feels comfortable to share their answers.

Ask the volunteer to Read [1 Kings 5:3-5](#) aloud and then discuss the following:

King Solomon tells a neighboring king that God has given him rest from his enemies and no longer has to fight like his father David did.

- *What is the first thing he wants to do?*
- *How does having a temple in which to worship bring rest?*
- *Martin Luther said that to really rest on the sabbath was to not despise preaching, but gladly hear and learn it. Why is worshipping spiritual resting?*

COVENANTING (5-10 minutes)

To ensure 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 section “Tips for Success.”

In addition to Quake’s Covenant, what do you think is important for everyone to commit to for the weekend?

Some answers may include arrive on time, attend all sessions, respect each other’s property, no pranks, listen to each other, 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. Inappropriate clothing includes clothing with questionable messages, midriff shirts, etc.

Remind the group that this covenant is a binding agreement and anyone who feels they cannot uphold some part of this covenant should speak up now. Write these items on a large sheet of paper. Discuss what the students feel

should be consequences if someone should break the covenant. At the end, ask students and adult leaders to sign it and visibly display it at Quake.

CLOSING (5-10 minutes)

God gave Adam life when He breathed life into him. For us to live fully we need to BREATHE deeply and not just live a breathless life. BREATHE is our theme reminding us Jesus wants us to rest (and especially rest in Him) by being closer to Him and in knowing Him better. Are you willing to grow closer to Jesus and rest more securely in Him?

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

Gracious God, we desire to live full lives and we want to find joy in them too. Because we are worried and anxious about so much, we fail to live fully and we fail to live joyfully. Draw us closer to You. Give us rest without making us lazy and fill us with Your Holy Spirit. All this we pray in Your name, Jesus. Amen

LEADER'S GUIDE

FAMILY TIME GUIDE

LEADER NOTES

INTRODUCTION

It's time to catch our breath and *BREATHE*. This time spent together – at the close of each day, midday on Saturday and lastly, on Sunday morning – we call Family Time. These gatherings with just your group members are often some of the most powerful times of the weekend and the days beyond. It is here where groups can react, rejoice, and find renewal in considering the worship, faith-building activities and friendship-making that were experienced during the day(s). Because God's Word is the foundation and motivation for Quake events, this Family Time Guide offers some Scripture reading, study, and discussion to help guide your thinking as you reflect on the day. We pray it is a blessing to you as we are all drawn closer to Jesus.

Each Family Time includes an “Additional Exploration” section (outlined in a blue 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 explain background information. They do not necessarily 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 use your own words or 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 experiences and thoughts 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.
- Understand that the life we have was from God breathing into us and for us to now take time to *BREATHE* and have God’s Spirit revitalize us.

SUPPLIES

- Bibles
- several pieces of paper for each person in the group
- a pen/pencil for each person in the group

FRIDAY NIGHT

OPENING

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

Spirit of the Living God, You gave us breath and You are our breath. Help us now to BREATHE deeply as we consider the messages, the music, the people and our own thoughts of this evening. We know Your desire is to draw us closer to our Savior Jesus tonight and throughout this weekend. Take away the obstacles that would keep us from being drawn closer to our Lord. All this we pray in the name of our Savior Jesus Christ. Amen.

PERSONAL REFLECTIONS ON THE DAY AND “HIGHS” AND “LOWS”

Ask participants to finish the following sentences, allowing time for all to answer:

- *What I want from this weekend is/are...*
- *I feel nervous about...*
- *The thing I liked best at the celebration was...*
- *I could be closer to God if...*
- *The one thing I wish people understood about me is...*

On a scale of one to ten, one being “not excited at all” and ten being “very excited,” what’s your level of excitement for this weekend?

Invite all participants (both youth and adult) to answer. Then go around the room and have everyone answer the following:

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

MEDITATION

Our theme this weekend is BREATHE, based on Matthew 11:28

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

[Jesus said] “Come to me, all you who are weary and burdened, and I will give you rest.”

- Do you feel tired and burdened right now?
- If not, how do you avoid these things?
- If you are, what has made you tired and burdened?
- Where do you suggest friends find help when they are feeling these things?

Jesus invites us to come to Him and He will give us rest.

- Do you bring ALL your troubles to Jesus?
- How much time a day do you truly spend with God?
- What keeps you from bringing more of your life to Jesus?

ADDITIONAL EXPLORATION

We know how important breathing is. We have to do it every few moments every day of our lives. But many of us are so involved in so many things and have so many feelings and are facing so many issues that we live our lives out of breath. This is neither healthy nor holy. God never intended for us to cram more and more things in our lives so we either walk around half-awake or sleepwalking. He offers Himself to us for refreshment.

Ask a volunteer to read Isaiah 40:28-31 aloud and then discuss the following:

In verse 28, we hear how God will not get weary or tired.

- Why is that really Good News?
- Does this mean He won't get tired of loving and caring for us?

Notice what God does for the weary and the weak.

- Why does He do this?
- Why are these needed?

- What does it mean to “hope in the Lord”?
- If you are carried on an eagle's back, what would you feel and see and experience?
- Why does Jesus say following Him is like this?

Ask a volunteer to read Exodus 33:14-17 then discuss the following:

Moses wants God to go with him as He leads the people to the promised land.

- Is Moses too bold in asking this of God?
- Do you think God liked Moses asking Him to go with them?
- Can we be this bold and ask God to be with us?
- How would our lives look differently than now if we thought God was right next to us all the time?

One of Jesus' favorite words is “with”. To the thief on the cross, Jesus said that day the thief would be “with him in paradise.” Wherever two or three are gathered, Jesus is with them. He even said He would be with us all our days.

- What does this say about Jesus' love for us that He always wants to be with us?

God agrees to go with Moses and the Israelites to show that God really is on their side.

- Why is it important to pause in our lives and BREATHE when thinking about being in God's presence?

CLOSING PRAYER

Invite everyone to sit comfortably in a circle (or as close as possible). Ask everyone to join hands with the people next to them - the right hand is on top and the left hand is on the bottom (everyone's left hand is supporting the right hand of their neighbor and the right hand of everyone is being supported by their neighbor. Then pray:

Loving Lord Jesus, thank You for this day today. Thank You for being with us on the ride here. Thank You for this safe place to learn more about You, draw closer to our friends and hopefully make new friends. Thank You for letting us worship and praise You in song and prayer and Word. Thank You in advance for giving us a good night's rest now. All this we pray in Your name Jesus. Amen.

SATURDAY AFTERNOON

OPENING

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

Wonderful Savior, we know we have not done all You've commanded us to do and we have done things You told us not to do. We have broken the relationship You made and gave to us. But You are a God of mercy and forgiveness and so we trust that You forgive and restore us to a right relationship with You. Because You have given us this confidence, we pray in Your name, Lord and Savior, Jesus Christ. Amen.

PERSONAL REFLECTIONS

Give everyone a piece of paper and a pen/pencil. Then share the following:

Regular breathing is done every day, most often without even thinking about it. Holding one's breath may be necessary at times - like when you're underwater or in a smoke-filled room - but it can't be done for long. Think of a time when you had to hold your breath. Take some time to write about it on your paper. Be sure to write about what it was like when you could BREATHE again.

After everyone has had time to write, ask for volunteers to share what they wrote. Then share the following:

- *Where do you best relax, recharge and get refreshed?*
- *Do you prefer to be alone when you recharge or are you recharged by being with other people?*
- *Is this where you can BREATHE best?*

MEDITATION

Can anyone remind us of the theme and theme verse for this weekend?

(Answer: Our theme this weekend is BREATHE based on [Matthew 11:28](#))

Invite participants to find the verse in their Bibles. Then share and discuss the following:

Praying is one way we can come to Jesus. Some find it hard to pray because

it feels like they are talking to themselves. An old story tells of a man who would set up a chair in front of him, picture Jesus sitting there, and then just talk to Him. Others find it hard to pray to Jesus because of their guilt and shame from their sins. Repenting is God's gift to us to let go of the shame and guilt. Repenting is acknowledging we've messed up, being sorry for the mess up and then trying not to keep making the same mistake.

- *Is this hard for you to do?*

An old faithful follower of Jesus suggests people use the A.C.T.S. way to pray.

This is when we:

- A** - Adore God for all He is and does.
- C** - Confess our sins and trust in His forgiveness through Jesus.
- T** - Thank Him for all He does for us and our loved ones.
- S** - Secrets – tell God what secrets we want Him to know.

Consider trying A.C.T.S. as a way to pray.

ADDITIONAL EXPLORATION

Ask a volunteer to read [Mark 1:15](#) aloud and then discuss the following:

These are the first recorded words of Jesus in Mark's Gospel. Most writers would say it's necessary to start strong and give what's most important first. Here, Jesus ties four phrases into one verse. Two of the phrases are declarations, the other two are directions.

- *What is the "time" that has come?*
- *Why did this time start in a manger in Bethlehem's stable?*
- *Whose kingdom Has come?*
- *Why should we first repent and then believe?*
- *What does this mean for us in our lives?*
- *What is the Good News of Jesus?*

Jesus didn't just come to teach us how to lead better lives. He didn't come to teach us how to love better. He didn't just come to do miracles for people at that time in that part of the world. Jesus came to be our Savior for all time, for all people. This of course is REALLY Good News!

- *What should we do with this Good News for ourselves?*

- *What should we do with it for other people?*
- *Can you start sharing it now, if you haven't already?*

Distribute another piece of paper to each person in the group. Then share the following:

List the five things you most often think about. Then take a few minutes to think about and write down how God would direct your thinking in each of these things.

Ask a volunteer to read Romans 12:2 aloud and then discuss the following:

In this verse, St. Paul directs us both in what not to do and what to do.

- *What does he say not to do?*
- *What does this mean?*
- *When do people conform to the patterns of this world?*
- *Why is it hard not to conform to the patterns of this world and our culture and society's pressures?*
- *What does St. Paul say we should do and what does this mean?*
- *Where does this come from?*
- *What is the difference between being transformed and being informed?*
- *Why does Paul say transformed?*
- *Why can we then best know God's will for our lives?*

CLOSING

Invite everyone to sit comfortably in a circle (or as close as possible). Ask the following:

What does forgiveness most feel like to you?

- *Tasting a sweet popsicle on a hot day?*
- *Putting on a favorite warm sweatshirt on a cold evening?*
- *Getting a loved one's hug when you're feeling upset?*

Then pray:

Thank You Good, Good Father for giving us Jesus. In Him we see Your love and desire to reclaim us as Your children. In His sacrifice on the cross we

see the penalty and punishment of our sins have been paid in full. Help us to remember and to rejoice in this forgiveness often. This we pray in the name of Jesus. Amen

SATURDAY NIGHT

OPENING

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

Most gracious God, we come to the closing of this day that was full of music and fun, meeting new people and hearing messages of Your love and grace. Some of these things took our breath away but ultimately we came to BREATHE You in and be drawn closer to You. Now as we remember the sights, sounds and feelings of the day, help us to see that You were with us every moment and You, too, wanted be closer to us. All this we pray in the name of Your Son, our Savior, Jesus. Amen

PERSONAL REFLECTIONS ON THE DAY AND "HIGHS" AND "LOWS"

Invite participants to answer the following:

- *As you think back on the last 24 hours, what was one thing that surprises you about your time here? How did it make you feel?*
- *In the songs, messages, activities and the fellowship of friends, God was certainly present. Was there a time or times where you were aware of Him more than usual? Why do you think so?*

Then go around the room and have everyone answer the following:

- *My "high" for today was... Why?*
- *My "low" for today was... Why?*

MEDITATION

Can anyone remind us of the theme and theme verse for this weekend? (Answer: Our theme this weekend is BREATHE based on Matthew 11:28)

Invite participants to find the verse in their Bibles. Then share and discuss the following:

- *Did you meet any person this weekend who had it all together, who had no problems, no worries, no concerns?*

Trust this, there wasn't a person like that here. Everyone has hurts and fears and worries, everyone has wounds and scars and scabs both on their bodies and on their hearts. What this means is that everyone needs Jesus. Everyone will greatly benefit from what Jesus can give.

- *How do we best help others see this?*
- *Are you willing to share your faith in Him with others, starting now?*

This Quake Event is designed to help you grow closer to Jesus in your faith, know that you can and will find rest in Him and help you to BREATHE deeper.

- *Were you able to do that this weekend? If so, how? If not, what do you think kept you from doing this?*
- *Think about the time we spent as a group this weekend. What would you keep the same and what would you change?*

ADDITIONAL EXPLORATION

Ask a volunteer to read [Psalm 103:2-5](#) aloud and then discuss the following:

- *Why might the Psalmist be praising the Lord?*
- *What reasons might we have to praise God in this way?*
- *When was a time when you felt like praising in this way?*

Notice in praising He also says not to forget God's benefits.

- *Why does remembering God's benefits lead us to keep praising God?*

Verses 3 and 4 describe the benefits.

- *Why is the forgiveness of sins God's best work for us?*

There are four parts to every human: the physical - our bodies, the intellectual – our minds, the emotional – our moods and feelings, the

spiritual – our souls.

- *If only the soul will last forever (when we rise to everlasting life, we are given new bodies), how much time should be spent on our own soul care?*
- *How can we best care for our souls?*

The Psalmist says in verse 5 that God satisfies us – which means according to His will and ways. Then he says He renews our youth, which here means “strength”.

- *Why would this be important?*
- *How does God best renew and refresh your body, mind, emotions, and soul?*
- *Which part of you now most needs renewal and refreshment? Why?*

Give each person a pen/pencil and a piece of paper. Then share the following:

Draw a vertical line down the center of the page. On the left side, list things that help renew your bodies, minds, and emotions. On the right side, list things that help renew your souls.

- *How much time do you think you spend on each of these?*

Give everyone time to share their answers then discuss the importance of spending more time on refreshing their souls.

Ask a volunteer to read 2 Corinthians 4:16 aloud and then discuss the following:

“Outwardly we're wasting away...” Paul is talking about the aging process.

- *How do you feel about getting older at this stage in your life?*
- *How do you think you will feel about it in 40 years?*
- *Does Paul suggest in this passage that every day we should spend time with Jesus and strengthening our faith?*
- *How will this help our soul?*
- *How do we best do this daily?*

CLOSING

Invite everyone to sit comfortably in a circle (or as close as possible). Ask everyone to join hands (if all are comfortable doing this). Ask everyone to go around and give an affirmation to another person in the group – i.e., They sang well, they're funny, they're a good listener, etc. (Adults – make sure all students get affirmed). If this is too intimidating for your youth, ask adults to affirm the youth first to help them see how it works. Then say:

Notice how affirming others makes them BREATHE easier. Where can you start to affirm people back home to help them BREATHE easier, too?

Then invite a volunteer to close in prayer or read the following:

Lord and Savior Jesus, please continually show us Your love and assurance. We are needful every day of Your presence and protection. In You we receive our breath, in You we BREATHE deeply. We praise You our God and our Redeemer. This we pray in Your name Jesus. Amen

SUNDAY MORNING

REFLECTION AND WRAP UP

We hope Quake was a time that your group was able to grow closer to God and each other. As we strive to create a community that lifts and encourages each other, we invite you to use the following questions to provoke thoughtful discussion to allow your group to identify and reflect on how they are growing in their faith.

- *What were your thoughts as you arrived at Quake?*
- *How did your expectations change throughout the event?*
- *Did you experience anything unexpected this weekend?*
- *How did you experience the theme, BREATHE, through the speaker and musicians this weekend?*
- *What was your favorite part of Quake?*
- *What was the best workshop you attended and what did you learn?*
- *When did you feel most connected to God this weekend?*
- *When was there a time this weekend where you were able to rest and feel renewed in your faith this weekend?*
- *When did you feel connected to the community here at Quake and/or each other?*
- *How are you more equipped to speak about who God is and the promise that He has for us – that His will is good, pleasing, and perfect?*
- *What will you tell people about this weekend?*

Ask for a volunteer to close in prayer or close in prayer yourself. Be sure to thank God for the opportunity to catch our breath and BREATHE God in more deeply this weekend.



GLOBAL OFFERING

The offering received Sunday morning will support our food-packaging service project at Quake for Orphan Grain Train. This project helps people throughout the country and across the world.

In 2023 Quake participants packaged 50,400 meals. We hope to increase our impact in 2024!

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

WORSHIP THROUGH GIVING

QUAKE
YOUTH ENCOUNTERING THE GOSPEL

Wear your comfiest pajamas, slippers, onesies, and sleep masks!

Pajama Party!

Wacky Wardrobe
Theme 2024!



BREATHE.
Matthew 22:37