



THE **ANCHOR**

A YOUTH MINISTRY RESOURCE

SAMPLE

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THEOLOGICAL FOUNDATION FOR Youth Ministry

"We will not hide these truths from our children; we will tell the next generation about the glorious deeds of the Lord, about His power and His mighty wonders."
– Psalm 78:4.

Throughout Scripture, God calls young people to serve Him with courage and purpose. Age is no barrier – God often uses young individuals to fulfill His plans. For example, Jeremiah was called as a youth (Jer. 1:7), Timothy was told not to be despised for his youth (1 Tim. 4:12), and many biblical leaders (Joseph, David, Esther, Mary) were teens or young adults when God chose them. As a church, we have a responsibility to disciple and mentor the youth and young adult generation, faithfully passing on our faith as Psalm 78 urges.

Youth Ministry is not a solo mission but a collective endeavor of the entire church community, involving partnership across generations. A biblical Youth Ministry celebrates, involves, and listens to parents (who are their children's primary disciple-makers) and engages the whole congregation in nurturing young people. In short, we must *not hide* the truths of God but actively tell and model them to today's teens.

This resource outlines a framework to build a thriving Youth Ministry at your local church or school – **The Anchor: A Youth Ministry Resource** – is tailored to the unique needs of teenagers ages 13–17. Empowering our youth to grow in faith and step boldly into their God-given calling, this resource focuses on:

Biblical Discipleship
Intentional Mentorship
Supportive Community

ANCHOR Youth Ministry RHYTHMS

To live out these values, The Anchor Youth Ministry will have consistent rhythms – regular programs and events that create a balanced spiritual diet for our teens:

- **Weekly Discipleship Groups – “Drop the Anchor” (DTA):** Small groups for Bible study and sharing life. These weekly gatherings go deep in Scripture and faith foundations, helping teens “drop the anchor” and grow roots in Christ. The goal is to build a safe, honest space to ask questions and apply the Bible to everyday life.
- **Monthly Outreach Nights – “Anchor Nights”:** High-energy, faith-centered events where teens can invite friends. These may include youth rallies, worship concerts, or fun themed nights with a gospel message. The purpose is to reach unchurched youth in the community and introduce them to Christ in an engaging way.
- **Monthly Service Projects – “Anchor Serve”:** Opportunities to serve others together (e.g. volunteering, community clean-ups, donation drives, care packages). By anchoring in service, teens learn compassion and see God work through them to bless others. Serving also gives youth a sense of purpose and belonging as valued contributors.
- **Quarterly Social Events – “The Anchorage”:** Fun social outings or hangouts (game nights, hiking, beach day, etc.) that build friendships and community. A “safe harbor” where teens can relax, be themselves, and form genuine Christian friendships. This addresses teens' need for belonging and positive social connection.
- **Leadership Development – “Anchor Up”:** A pathway to equip and mentor youth leaders. We will identify teens with a heart to serve, give them roles (e.g. leading a game, helping in children's ministry, tech team, worship, etc.), and come alongside them with training. This leadership pipeline provides progressive steps for youth to grow from participants into leaders. By empowering young people with real responsibility, we follow the biblical model of entrusting ministry to faithful individuals (2 Tim. 2:2) and “unlock keychain leadership” as described in Growing Young.

PROPOSED CALENDAR ROADMAP

Building a sustainable ministry requires a phased approach. Below is a tentative 12-month roadmap broken into three phases, allowing for a strong foundation to be laid and then build momentum:

Phase 1: Laying the Foundation (Months 1–3)

MONTH 1:

- **Assemble Core Leadership Team:** Recruit and meet with a small team of committed adults (youth mentors, volunteers, maybe a couple of student leaders). Begin mentoring and training this team in the vision and strategy. Meet weekly potentially on the same evening you will dedicate to your weekly DTA groups, for prayer, planning, and team-building and to begin building that consistency. A strong team culture will provide stability and consistency for the youth.
- **Teen Survey & Contact:** Conduct a survey of students (at the church and try and include the local school/s) to learn their interests, needs, and ideal meeting times. Also, make a contact list of all teens connected to the church or school. Personally reach out to each, informing them that a new Youth Ministry is launching and that their input and involvement would be really valued and welcomed.
- **Plan Annual Calendar:** Finalize a 12-month schedule of major activities: set dates for the monthly Anchor Nights (outreach events), monthly Anchor Serve projects, The Anchorage (quarterly social events) and a discipleship group curriculum roadmap (see Appendix B for content outline). Also target a date for a possible youth camp or retreat (e.g. Month 9). By Month 1's end, you want a clear plan to announce to your church and community.
- **Initial Social:** Organize a casual social event at the end of Month 1 – e.g. a weekend afternoon BBQ or a bowling outing – to start building relationships with the teens in a fun setting.

DIGITAL & SOCIAL MEDIA STRATEGY

In today's world, an online presence is vital for reaching teens where they are. Social media is the native language of teens and one of the best tools we have to connect with students and point them toward Jesus. Create an Anchor Youth social media presence (likely on Instagram, since that's popular among 13–17 age). Content will align with your themes and values.

Each week you can post a recap or a short devotional based on the discipleship lesson (a 60-second Reel by one of the youth on how they apply the week's Scripture). This is also a great opportunity to highlight students – e.g. celebrate birthdays and achievements, or shout-outs – to help them feel seen. Other ideas include posting event photos, sharing testimonies of life change, and using polls/questions in Stories to engage followers.

Encourage student involvement in creating content (perhaps allow a supervised "Instagram take-over" by a teen leader occasionally) because their voice resonates with peers. Consistency is key: aim to post 3 times a week to keep momentum.

Daily Prompt Ideas — use what works best for you:

MONDAY MOTIVATION

Share a Bible verse, short devotional thought, or prayer request by the Youth Pastor or Leader to help everyone start the week focused on faith and hope.

TUESDAY TESTIMONY

Post a small reel from a student or leader sharing a story about how God is working in their life — keep it real and relatable. Or share a "God moment" from last week's gathering as an image and caption.

WEDNESDAY RECAP

Highlight what you covered in your DTA group — key takeaway, verse, question to think about, or a challenge to apply it.

THURSDAY THOUGHT

Share a practical tip, quote, or conversation starter — something that encourages teens to live out their faith in everyday moments (like handling stress, friendships, or kindness challenges).

FRIDAY FUN

Post something light and shareable — a meme, fun poll, game, or reminder about upcoming events. Keep it engaging so teens want to share or tag friends.

DISCIPLESHIP ROADMAP

Curriculum overview

A core part of The Anchor Youth Ministry is the year-long Discipleship Curriculum used in the weekly small groups (Drop the Anchor gatherings). This curriculum is divided into four 8–10 week terms to roughly align with school terms. Each term has a specific theme or biblical focus, designed to ground your youth in a balanced understanding of Scripture and Christian living.

Next is an outline of the four terms, including weekly topics, key passages, lesson focus, and the Parent Prompt to facilitate family discussion at home.

Note: Parent Prompts are short summaries sent by email or text. They include “What We Explored,” a key Scripture, and a discussion question to help parents talk with their teens about each lesson. This is a crucial step in the journey as it invites *families* to have faith conversations at home.

TERM 1 - JESUS & ME

An introduction to personal relationship with Jesus through the Gospels. This 9-week series integrates stories from Matthew, Mark, Luke, and John to present Jesus as our friend and Lord. It emphasizes who Jesus is, how He relates to us, and how we can trust and follow Him in daily life.

Each session highlights a different encounter with Jesus and a faith lesson for our lives.



Week 1 - Jesus invites us to follow Him

Passages:

Matthew 4:18–22; John 1:35–51

Focus:

Jesus calls us into friendship and discipleship. Just as Jesus called His first disciples, He invites us into an adventure of following Him.

Discussion Questions

- What does it mean to follow Jesus as a friend and leader?
- What might we need to “leave behind” to truly follow Jesus like the first disciples did?
- Why do you think Jesus wants to be our friend, not just our leader?
- How can following Jesus change the way we treat the people around us?

PARENT PROMPT

What We Explored:

Jesus called His first disciples to leave their nets and follow Him — He wanted a relationship with them. We talked about how amazing it is that Jesus wants us to be His friends and followers.

Scripture:

“Follow Me, and I will make you fishers of men.” (Matthew 4:19)

Discussion Question:

Ask your teen, “What do you think it looks like to follow Jesus in everyday life (at school, with friends)?” Share about ways you try to follow Jesus daily too.