

# YOUTH IN

GLOUCESTER POINT  
BAPTIST CHURCH

# ACTION

ANXIETY:  
THE REAL  
PANDEMIC

A NOTE FROM  
PASTOR ON OUR  
SEARCH FOR OUR  
NEXT YOUTH  
PASTOR

TIME TO GO ON MISSION

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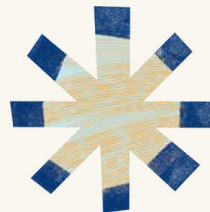
## **Upcoming Events**

**Mark Your Calendars** for these fun and exciting events.



# Note from the Pastor

At Gloucester Point Baptist Church, our vision is clear: ***Rooted in Christ, we equip disciples and leaders for tomorrow's challenges with grace and truth.*** As we continue investing in the next generation, we are prayerfully searching for a Family Discipleship/Youth Pastor who will help fulfill this vision. This leader will play a vital role in discipling children, students, and families—helping them grow in faith, build a strong biblical foundation, and prepare to lead with grace and truth. More than just leading programs, they will equip young believers to become lifelong disciples who impact the world for Christ. We ask for your prayers and support as we seek God's direction in finding the right person. If you know someone who may be a great fit or would like to learn more, please reach out. Let's continue building a Christ-centered foundation for our youth and families!







# Going on Mission: A Foundation for Lifelong Faith

**By: Sharon Warren**  
**Missions Chair**

How beautiful are the feet of those who  
bring good news!





*Mission trips bring the Great Commission to life! You'll help share the gospel, meet real needs, and build relationships.*

## 🌍 Why Missions?

Missions are more than just travel—they're about answering Jesus' call to love others and make Him known! When we follow Christ, we don't just sit still—we go! He uses us to share His love, His hope, and His gospel with the world.

It's really that simple:

💬 Jesus calls us ➡ We go to others ➡ We share His love

## 📖 The Bible Tells Us So!

"Go therefore and make disciples of all nations, baptizing them... teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

— Matthew 28:19–20

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

— Ephesians 2:10



## 👋 What Is a Mission Trip?

It's a short-term volunteer trip where Christians go out to meet real needs—whether spiritual or physical—and bring the hope of Jesus to others. It's about serving, growing, and living out your faith.

## 🎯 The Mission Mindset

Great mission trips always start with the right heart. That means being...

- Purpose-Driven – It's all about God's glory and His mission.
- Transformed Lives – Stay rooted in God's Word, prayer, and godly actions.
- Wise Methods – Use biblical, thoughtful, and culturally respectful ways to serve.

## ★ 5 Points of Every Great Mission:


TELL – TEACH – TEND – TRANSFORM – TREASURE

Think of these as your mission map 🗺️ – sharing the Gospel, teaching truth, caring for others, growing through service, and treasuring the journey.

## 🙏 How Do I Get Ready?

Here's how to spiritually prep for your mission adventure:

1. Know why you're going. (What's your "why" for this trip?)
2. Pray daily—let God lead the way.
3. Don't try to be perfect—just be available and obedient.
4. Grow the Fruits of the Spirit (Galatians 5:22-23).
5. Get into the Bible—know what you believe.
6. Do your homework—learn about the people & place you're going to.
7. Stay flexible—God may surprise you!



*Think of these as your mission map – sharing the Gospel, teaching truth, caring for others, growing through service, and treasuring the journey.*

# It's Your Faith, Own It



BY JAYME SANFORD  
YOUTH COMMITTEE CHAIR

Before we even got into a conversation about my anxiety, she simply said have you prayed on it? It was a simple question, but it got me thinking that I had not and as soon as I put God before my thoughts, this weight was lifted. After that day, I found this verse and wrote it in the front of my Bible. I know there will still be days that I have anxiety about something new about a conversation, but I need to keep remembering that through those times I can call on God to take my anxiety away and focus on what really matters. ***What are some of your go to versus that would be in the front or the back of your Bible?***

Whenever a Bible verse really hits me, I write it at the beginning or back of my Bible. I called these my go to versus because reading them puts me back on track. One of those verses is Philippians 4: 6-7. A few years ago, I felt to be in a constant state of anxiety. There was really no particular reason, my mind just took over where the reminder of Jesus should have been. This felt like a deep dark hole that I could not climb out of. Sometimes I even felt like I could not breathe. One particular day, I called my best friend in confidence because my mind was running out of control.



# The Real Pandemic

**By Pastor Dillon Evans**

Covid-19 is over, but the real pandemic of a generation suffering by crushing anxiety is still lingering on.





Anxiety is one of the most common struggles among teenagers today. Between school pressures, social expectations, and personal challenges, it's easy for teens to feel overwhelmed. As a church, we want to equip our young people with biblical truth, practical tools, and a strong support system to face these challenges with confidence.

### Why Are Teens Anxious?

Teens today are under immense pressure. They worry about grades, friendships, the future, family expectations, and even world events. Social media also plays a huge role, often making them feel like they have to live up to unrealistic standards. The Bible reminds us:

📖 “Cast all your anxiety on Him because He cares for you.” – 1 Peter 5:7

### How Can We Help?

Anxiety can feel overwhelming, but God's Word provides peace and hope. Here are a few ways we can help teens facing anxiety:

*Social media also plays a huge role, often making them feel like they have to live up to unrealistic standards.*

### 1. Encourage Prayer & Scripture Reading

When anxious thoughts come, turn to God in prayer.

Encourage teens to memorize and reflect on verses like:

- Philippians 4:6-7 – “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”
- Isaiah 41:10 – “Fear not, for I am with you; be not dismayed, for I am your God.”

### 2. Teach Healthy Coping Skills

- Deep breathing & relaxation techniques
- Journaling prayers and gratitude lists
- Taking a break from social media
- Talking with trusted friends, family, or a mentor

### 3. Create a Safe Space in Youth Ministry

GPBC wants to be a place where teens feel safe to share their struggles without judgment. Through youth group, small groups, and mentoring, we encourage real conversations about faith, emotions, and mental health.

### 4. Remind Them They Are Not Alone


The enemy wants to make people feel isolated in their struggles, but God is always near. Encourage teens to seek support in church, family, and friendships.

📖 “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” – Psalm 34:18

If You're Struggling With Anxiety...

You are loved, you are not alone, and God is with you. If you or a friend are struggling, talk to a parent, youth leader, or pastor. We are here to support and pray with you.

🙌 Want to grow deeper in faith? Sign up for Parallel Reading and dive into Scripture with others!



*struggling with anxiety  
doesn't mean your faith is  
weak. It means you're  
human.*

# Walking Through Anxiety With God

**You're Not Failing If You're Struggling**  
It's important to know: struggling with anxiety doesn't mean your faith is weak. It means you're human. Even Jesus, in the Garden of Gethsemane, felt overwhelmed. He said, "My soul is overwhelmed with sorrow to the point of death" (Mark 14:34). But He prayed, He trusted, and He walked forward in obedience. God never promised a life without struggle—but He did promise His presence in the middle of it. That's what makes the difference.

**Faith Practices That Help Anchor the Soul**

## **Breath Prayers**

Short, scriptural prayers you say as you breathe in and out.

Example:

Inhale: "When I am afraid..."

Exhale: "...I will trust in You." (Psalm 56:3)

## **Scripture Memory Wall**

Pick 3–5 anxiety-fighting verses and post them where you'll see them every day—on your mirror, in your locker, or on your phone lock screen.

## **Gratitude Journal**

Write 3 things you're thankful for each day. This rewires your brain to look for God's goodness.

## **Worship Music Playlist**

Songs like "Anchor" (Crowder) or "Battle Belongs" (Phil Wickham) can help shift your focus from fear to faith.

## **A Prayer for Anxious Hearts**

"Lord Jesus, You see my heart when it races, and You hear the thoughts I can't silence. You don't shame me—you invite me to come close. So I bring You my worry. Remind me that You are in control, that I am never alone, and that Your peace is more powerful than my panic. Root me in Your truth. Anchor me in Your love. Amen."





# MEET OUR STAFF & VOLUNTEERS



## **Jaq & David Worth**

David and Jac Worth here. We love being the youth leaders at GPBC. Spending time with the youth and getting to know them has been the highlight of our Wednesday night classes.

We met about 15 years ago playing xbox. David is from Reading, Pennsylvania, Go Eagles! While Jac was raised here in Gloucester. Ever since it's been a whirlwind romance. From the very beginning God has been the pillar of our relationship. From late night Bible readings to philosophical conversations on road trips back and forth the VA. We have based the foundation of our relationship and marriage on Christ. We currently live in Mathews, VA with our children, Merida (8) and Harrison (Harri) (2), dogs, Sam and Mia, and a savannah monitor, Bella.

## **Ecclesiastes 4:9-12**

Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

# Upcoming Events

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## Mother's Breakfast

Celebrate Mom with us at our Mother's Day Breakfast! Our kids and youth will be serving a special breakfast to show just how much we love and appreciate all our amazing moms!

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## Mother Daughter Tea

Grab your mom, grandma, or someone special and join us for our Mother-Daughter Tea on May 17! It's going to be a fun afternoon with treats, laughter, and sweet memories – you won't want to miss it!



## Spaghetti Dinner & Silent Auction

Join us for our Spaghetti Dinner and Silent Auction on May 31! Enjoy a night of good food, fun bidding, and great company – all while helping fund our youth missions trip this July!



# JUNE

## Community Night Out

Join us for our Youth Missions Fundraiser: Community Night Out on Friday, June 13! More details will be provided as this event gets closer.



## Father's Day Breakfast

Celebrate Dad with us at our Father's Day Breakfast on Sunday, June 15! Come enjoy good food, great company, and a morning all about honoring our awesome dads!

## Volunteer for Sports Camp

Sports Camp is June 23-27 and we need an awesome teen crew to help make it happen! You can help lead games, serve snacks, hang out with kids, and just bring the fun. Come be part of the team and make a difference this summer!





# ***This Summer***



## **Sports Camp**

Mark your calendars for an action-packed week of Sports Camp, from 6:00–8:30 PM! Kids will rotate through sports like soccer, basketball, golf, football, and more—all while hearing the good news of Jesus. Every night includes a snack, a devotion, and plenty of fun. Open to kids who have completed K–6th grade. Registration opens soon at [gpbc.church/sports-camp](http://gpbc.church/sports-camp)!

## **VBS**

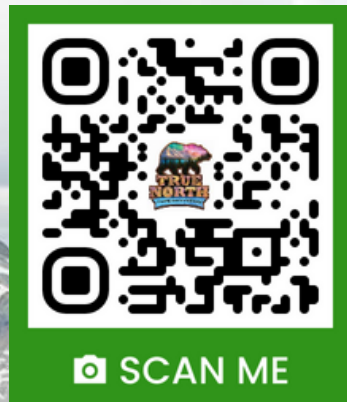
Embark on an Alaskan adventure at this year's VBS, "True North"! Kids will explore majestic mountains, shimmering glaciers, and the glow of the northern lights, all while learning that Jesus is our unshakable guide. Through engaging Bible stories, crafts, games, and music, children will discover that when life feels uncertain, they can always trust Jesus. Open to children ages 4 through completed 6th grade. Register soon at [gpbc.church/vbs](http://gpbc.church/vbs).



## **Music Camp**

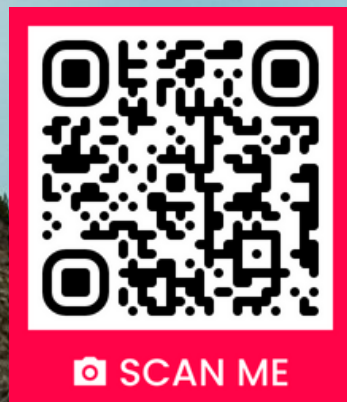
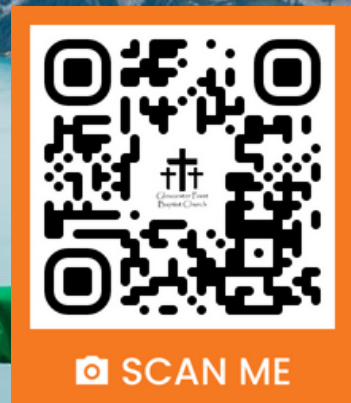
Join us for a week of musical fun at Music Camp! Children will engage in singing, dancing, acting, and more as they prepare for a special musical performance at the end of the week. This camp is perfect for rising 1st–8th graders looking to explore their creative talents while learning about God's love. Final performance will be held Friday evening. Sign up soon at [gpbc.church/music-camp](http://gpbc.church/music-camp).

# Register Today



VBS

Sports Camp



Music Camp

Spaghetti Dinner





Rooted in Christ.  
Ready for the World.



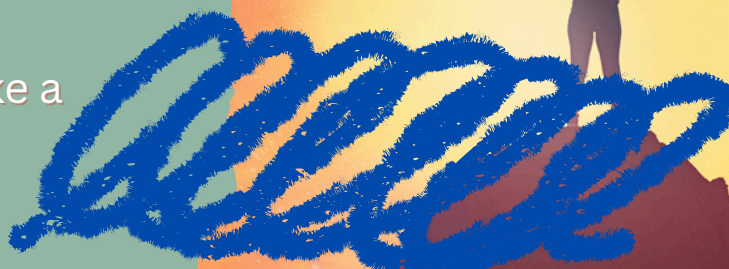
There's a mission field all around you—at school, at practice, in your neighborhood, and beyond. You don't have to wait until you're older to make a difference. God is calling you now.

The world needs disciples who are grounded in grace and living with truth.

The church needs leaders who are bold, kind, and full of the Spirit.

The time is now.  
The mission is yours.  
Will You Say Yes?

Whether you're 8 or 18,  
God is writing an amazing story—and you're a part of it.



# Your Adventure Awaits