

March Mission: Mental Health

"His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'" – Matthew 25:23 (NIV)

Dear Friends and Supporters,

At LifeQuest we know that everything we have—our time, talents, finances, relationships, and even our influence—is a gift from God and we are not owners but stewards who are entrusted to manage His resources with wisdom and faithfulness. So, in March, LifeQuestUSA is dedicated to addressing a critical and often overlooked aspect of youth development—mental health. In New Mexico, alarming statistics reveal that one in five of our youth face mental health challenges, which significantly influence their decision-making and behaviors, sometimes leading to addiction or incarceration.

Our focus this month is to illuminate how mental health issues can lead to problematic decisions and subsequently, youth incarceration. Mental health disorders such as anxiety, depression, and ADHD can impair judgment, disrupt emotional regulation, and increase impulsivity, often pushing young individuals towards negative behaviors and choices, but we know there is hope and we live to share it and want to engage the community in this important conversation.

LifeQuestUSA is excited to host an art show focused on "Transformation." This Art Show (see flyer for details) is a once in a lifetime opportunity to see what transformation looks like from our future leaders.

**Join us in fueling the journey.
Donate at lifequestusa.org or
contact us at [505-341-9383].**



Blessings,
Ryan C. Butts
President, LifeQuestUSA

Thank you for being so wonderful. I can't express how much you mean to me. You've shown me love, compassion, and care. You've shown me to put God first in my life - no matter the downs in situations. You have helped me fight my battles, and always found a way to remind me that I'm loved and I'll be okay. I always know I can trust you + go to you when I'm at my lowest. I've never felt judged or uncomfortable talking + sharing with you. Thank you for that; I don't feel that way with many people.

Volunteers of the Month

The 4:13 Journey

Andy Sanchez



This month, we're celebrating Andy Sanchez for his incredible dedication to the youth in Bernalillo! Andy serves with the 413 alongside his wife, Cheryl. A talented carpenter and skilled artist, Andy brings creativity and heart to everything he does. Together, he and Cheryl have 8 kids and multiple grandkids—and a deep passion for seeing the people of Bernalillo, Sandoval County, and all of New Mexico reached with the gospel. Andy, thank you for your servant's heart and for making a difference in the lives of these young people! Thank You for Your Support! Your prayers, generosity, and commitment to LifeQuest make all of this possible. Because of you, we're able to equip young people with faith, purpose, and the confidence to embrace God's calling on their lives.

Juvenile Justice

Wil Martin

Wil has been an amazing team member for over 11 years. His faith and compassion have been an encouragement and example to LifeQuest. He currently leads Bible Study once a week for an entire youth facility. The relationships that are growing are incredible to watch. Not only does he take prayer requests, but I know he prays earnestly for each youth. He allows the youth to express their own desire for knowledge. I want to be like Wil when I grow up.

A Light in the Darkness Column

Transition is difficult no matter your position or status. Change makes us run, freeze or react because change can touch our fear and show our lack of control. When you live in a constant state of change, as many of our youth do, your mind is in constant fight, flight, or freeze mode. Studies show that living in this constant state can affect the body and mind very negatively. So while change is good and leads to growth and transformation, it can also lead to fear and anger and poor health. Many of us are taught to ignore the negative reactions that come naturally. I was raised to say "I'm fine" because "we don't tell people our troubles" even when the world is crushing in and my only recourse that I know to bring comfort and control is self harm; but my story didn't end. Darkness is the absence of light and the only light that brings Transformation is the Hope found in God and His plan.

He has a plan for the youth we work with. I know because He has a plan for me. Many of our youth live in a state of fear and lack of control. At LifeQuest we seek to provide connection; to God, to the community, to ourselves. Connection to who you are, and who you are in God is the only thing that rescues. Thank you for joining in and providing Hope.

We are grateful for our staff at LifeQuest and are saddened when people are called to other places. We rejoice in the new opportunities brought to our family. Join us in wishing Cleo in ABQ a happy retirement and Josh in Las Cruces an exciting new adventure! Until Next Time -Esther Taylor

LifeQuest Journal

Mentoring a Future & a Hope

The Community Column 4:13 Journey / 4:14 Continuing Journey

What's Up, Everyone? Jim here!

What an incredible privilege it is to serve the Lord in New Mexico. As I write this, I'm at Logan Airport in Boston, Massachusetts, reflecting on the amazing ways God is working in the lives of young people.

This Month's Focus: Youth Transformation!

At LifeQuest and through the 4:13, we have the incredible opportunity to witness young lives being transformed when faith and adventure collide. New Mexico, with its vast deserts, towering mountains, and endless skies, provides the perfect backdrop for this journey. It's a place where God's creation becomes both a classroom and a sanctuary—a space for growth, renewal, and discovery.

Many of the youth we serve come from difficult backgrounds, weighed down by self-doubt, fear, or uncertainty about their future. But through faith-driven adventure programs, we help them break free from those limitations. Whether they're hiking the Sandia Mountains, playing blacklight dodgeball, or scaling a via ferrata, these experiences stretch them beyond their comfort zones, teaching them courage, perseverance, and—most importantly—faith.

With every climb, every challenge, and every breathtaking moment in God's creation, they begin to see themselves differently. They realize that just as God crafted the beauty of New Mexico, He also created them—strong, capable, and with a divine purpose. New Mexico's rich history and cultural heritage also play a powerful role in this transformation. As they explore the land and its stories, they begin to understand that they, too, are part of a greater narrative—one of resilience, redemption, and God's guiding hand.

What's Happening in the 4:13?

Right now, we have three 4:13 groups meeting in different locations:

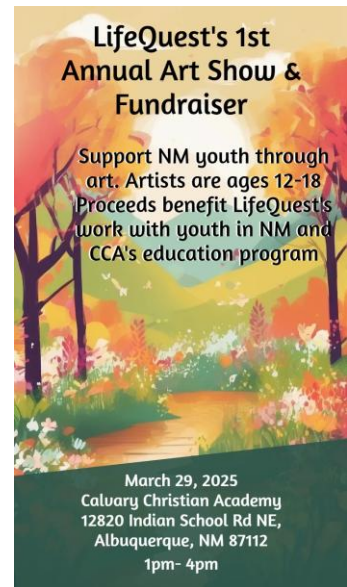
- ☐ Hoffmantown
- ☐ Bernalillo
- ☐ Pena Blanca

And we've got some epic adventures ahead! One of the highlights will be rappelling and rock climbing with Adam Simpson from Thrive Ministries—an unforgettable experience that will push our students to trust in God and step out in faith.

Soli Deo Gloria,

Jim Bayne

4:13 Program Director



Monthly Topics for 2025

January - Youth Incarceration.

February - Food Insecurity.

March - Mental Health.

April - Education Access.

May - Substance Abuse Prevention.

June - Family Stability.

July - Youth Homelessness.

August - Employment Opportunities

September - Overcoming Generational Issues

September - Peer-Pressure

October - Faith and Purpose.

November - Investing and Serving Others.

December - Reflection and Gratitude.

Partner in Hope

Join our featured partner in reaching the youth of NM with the love of Christ.

Calvary Christian Academy

Thank you, for your support!

You are making a difference!



What did people say to Jonah after he told them his story?

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