

LEADERS GUIDE

SESSION 3

BEAT 2 EXODUS

INTRO

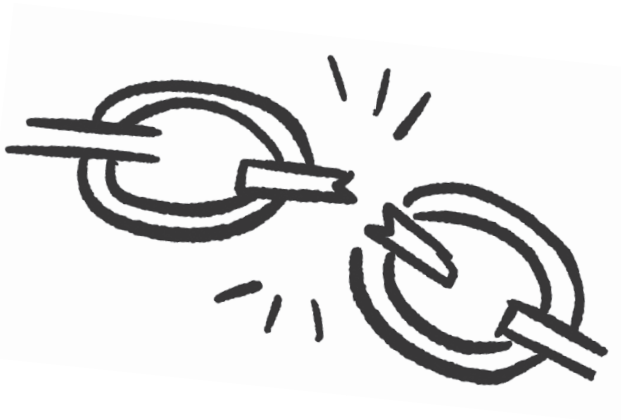
Convo kick-starter (3mins)

Below is a convo kick-starter for Session 3. You will also find a session link for reference.

1. If your best friend was beaten up by a gang though that friend hadn't done anything wrong, how would you feel?
What would you do?

SESSION LINK

Deep inside us we have a sense where we know something isn't it right, and we long for justice.



ICEBREAKERS

Record breakers

The following icebreakers are 60-second challenges, often with a chance of breaking a world record (all world records are correct as March 2024). With each icebreaker challenge there is a link to the session's theme. If you have a scoring system in your youth group, you could award an extra point if they guess what the connection is to the session.

.....

OPTION 1

How many Jacobs crackers can you eat in 60 seconds, with no water? (World Record = 6)

SESSION LINK

Jacob's crackers, Jacob in the Bible. The cracker also represents flatbread, because God's people escaped Egypt in a hurry, and there was no time for the bread to rise.

NEED

Jacob's crackers, and a large bowl for crumbs!)

.....

OPTION 2

How many coloured socks can you put on one foot, one at a time in 60 seconds? (World Record = 52 socks)

SESSION LINK

Socks are an item of clothing – ref Joseph's coat of many colours
[#Genesis37](#)

NEED

Lots of different colour socks

ICEBREAKERS cont.

Vic Verbatim (5mins)

Similar to learning a memory verse, the idea is to practise saying a verse in an expressive way. You can either use the entry level 'cannonball' option, or the 'deep dive' option depending on your group. The verse(s) for this session are:

Cannonball option:

'The Lord said, "I have indeed seen the misery of my people in Egypt ... and I am concerned about their suffering' (Exodus 3.7, NIV)



Deep dive option:

'The Lord said "I have indeed seen the misery of my people in Egypt ... and I am concerned about their suffering. So I have come down to rescue them from the hand of the Egyptians ... the cry of the Israelites has reached me' (Exodus 3.7-9, NIV)

- Assign a 'Reverend Ref' who has the scripture verse to hand, to referee biblical accuracy!
- Give everyone 30 seconds to memorise the verse (you can use the slide for this session or find it in Six Beats on page 21). After the time is up, deliver the memory verse in one of the following ways:

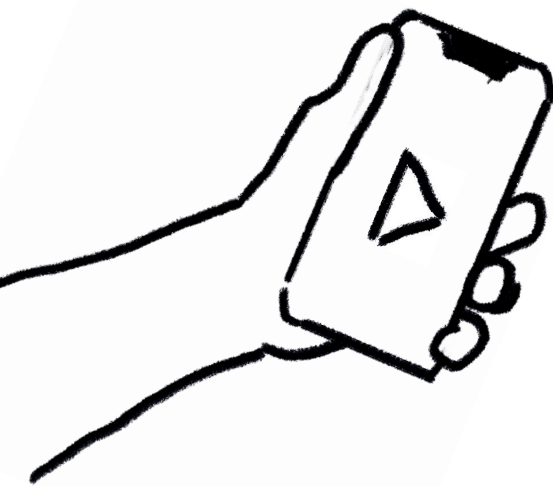
'On the head-to-head, son' – two people pitted against each other quick-fire one word each until we have a winner or a draw

Han Solo/Lone Ranger – ask one person to share the Bible verse

'Let's circle back' – go around the room quick-fire, one word each

LEADERS NOTE

Display the verse on a PowerPoint slide if you don't have the books.



The Six selfies in 60 seconds challenge

LEADERS NOTE

This is an icebreaker challenge designed for the young people to act out six key poses that capture this part of the story. The idea is to then re-use these six poses in 'the 60-second sum-up' at the end of the session, which is a script that sums up this session's beat of the Bible story. Alternatively you can prep these pictures with the team leaders or church members beforehand, which the young people only see in the 60-second sum-up at the end of the session.

Split the young people into six groups and come up with a props box with different items, relevant to this part of the Bible story. Encourage the young people to act out each part of the Bible story in selfie poses. These can be freeze frames live where everyone shows each other what they've come up with, or take a picture of each group's pose and use them as visual slides for the 60-second sum-up at the end of the session.

Encourage them to use the props and costumes to further add to the fun, and give each A4 paper and a pen in case they want to write clues to appear in the picture. If they complete one before the time is up, give them another. Go through all pictures and choose six to use later in the 60-second sum-up.

'DO'

This is a selfie freeze frame challenge. Your mission is to capture the essence of your phrase in a selfie pose. You can use any props, costumes, and you can also use A4 sheets and a pen to help give clues to your picture. As well as the heading phrase, there's also a clue/suggestion of what you could act out if you're stuck.

You have 60 seconds, which finishes when you hear the klaxon.

.....

Suggested place names or phrases written on paper:

#Ur, #Egypt, #Desert, #PromisedLand

.....

Suggested props:

Baby doll or dummy, a mic, colourful coat/jacket, a staff

1. **Old man Abe** – (e.g. A really old man and woman, and a baby)
2. **Funny man Isaac** – (e.g. one person telling a joke – everyone else laughing)
3. **Con man Jacob** – (e.g. one person conning another person)
4. **Showman Joseph** – (e.g. one person a prisoner, then changes to prime minister)
5. **Bushman Moses** – (e.g. one person leading others to freedom/ or person by burning bush)
6. **Welcome home man Joshua** – (e.g. feet up relaxing)

INTER-ACTIVITIES

Couplet up

Out out the six **A** cards and the six **B** cards – give them a good shuffle and then spread them around the room (*alternatively, divide the cards across the group*).

‘DO’

There are 12 cards – six **A** cards and six **B** cards each with a line from Dai’s ‘Exodus’ poem (or one half of a couplet). Together they sum up Beat 2 of the Bible story through spoken word, from Abraham **#Genesis12**, Moses parting the sea **#Exodus14**, to the Ten Commandments **#Exodus20**. Your mission is to match up the correct **A** card with the correct **B** card. Can you couple up the couplets? Can you find your mini poem’s perfect partner?

Hint from Dai

‘If you can’t find your poem pal, then listen now to me – listen out for rhyme, and listen to the story!’

LEADERS NOTE

Below are the answers of the coupled-up couplets, in order of the story. You can reveal the answers and order in one of two ways ...

Cannonball option:

Once they have matched **A** with **B** cards, ask them to stand in line in their couplets and starting with **1A**, give the correct answers and re-arrange them to reveal the Bible story in order.

Deep Dive option:

Below are the answers of the coupled-up couplets, in order of the story. After they have had a go at matching up, ask them to stand in the order they think it happened in the Bible story – from beginning to end. **Once in order, encourage the group to speak the couplets together.**

1. **A** – Abraham, Isaac, Jacob – then 12 sons become 12 tribes
B – Joseph’s left for dead but somehow survives
2. **A** – Hones his patience as a prisoner
B – In Egypt he’s held captive but gets promoted to prime minister
3. **A** – 400 years pass – God chose Moses to free shackled from tyranny
B – To call Pharaoh out to cease all his villainy
4. **A** – Ten plagues pass, God parts the sea with Moses’ staff
B – A mass exodus of emotions, the slaves are free at last!!
5. **A** – God gives Israel ten commandments to guide their ways
B – 12 spies case out the promised land but only two trust Yahweh’s ways
6. **A** – Moses to Joshua the baton passes hands
B – With great Jehovah they cross over and enter the promised land

You’re a bit of a character

LEADERS NOTE

In this session, ask the group to read the clues and guess which Bible character they’re hinting at. Remind the group that these characters will only be from this section of the Bible story. In terms of delivery, think of a pub quiz set-up. This is best as a group activity (aim for three to four per group). You can use print-outs of the activity (one per group) or use the PowerPoint slides. Along with the clues, there is the option of giving multiple choice answers (see below). Encourage them to confer in their groups to come up with the answer. Once everyone’s ready, reveal the answer and the ‘Did you know?’ fact together.

‘DO’

Using the following clues, see if you can guess the Bible character from this beat of the story.

Character 1

- Clue 1** ‘Where I’m from is better than it sounds’ **#Ur**
- Clue 2** Became a Dad when he was 100 **#YoungAtHeart**
- Clue 3** One day he’ll have more kids than stars in the milky way galaxy! **#TwinkleTwinkle**

Is it...

- a. David b. Abraham c. Noah d. Adam

Answer: Abraham

Did you know God promised that his children would outnumber the stars in the sky **#PassMeThatHubbleTelescope #Genesis26.4**

Character 2

- Clue 1** Created the universe **#DatingAbLokeFromUr**
- Clue 2** ‘Give birth at my age? Are you having a laugh?!’ **#LOL**
- Clue 3** She lived to be 127 **#YouLookGoodForYourAge**

Is it...

- a. Eve b. Mary c. Sarah d. Esther

Answer: Sarah

Did you know Sarah was 90 when God said she’d give birth to a son. It seemed crazy, she couldn’t help but laugh at the idea, but then nine months later she gave birth to Isaac (whose name means ‘he laughs’) **#LOL #Genesis21**

Character 3

- Clue 1** Conned his brother out of the bulk of the family inheritance **#ConArtist**
- Clue 2** Not a hairy bloke, (unlike his brother!) **#WhoNeedsShavingFoam**
- Clue 3** Some people enjoy his crackers with cheese! **#Cracking**

Is it...

- a. Esau b. Isaac c. Joseph d. Jacob

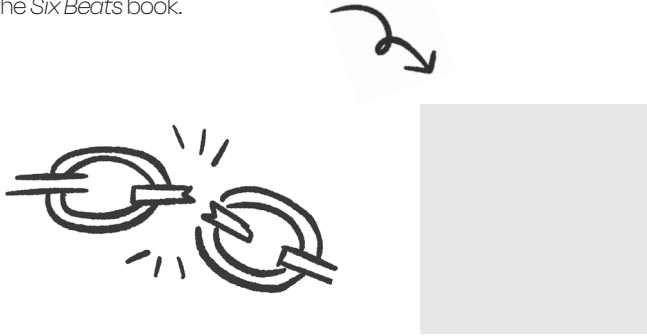
Answer: Jacob

Did you know Wrestled God well into the night and dislocated his hip! Even though Jacob lost, he wouldn’t let go until God blessed him. God did **#GodWrestler #NewName #Genesis32**

Spoken word (4 mins)

THE POEM ...

Watch the Exodus film, or read the poem aloud from pages 23–25 of the *Six Beats* book.



Response

LEADERS NOTE

Depending on your group, you can ask them to engage in a reflective way or in an active way, with the following response options.

.....

ACTIVE RESPONSE ... (5 mins)

- Sketch a three-frame cartoon strip to sum up the story of Exodus
- Film yourself performing a ten-second rap of the Exodus story
- Write a spoken word sum-up of the Exodus story for socials (*try getting creative with hashtags*)
- Dai's example (slide optional): Abe gets the call-up, fathers a people to be a bless beacon to all nations. Israel ends up in shackles – via Moses, God flips the story for his glory, delivers rescue, rules to flourish, and points to a promised land. [#400years_aSlave](#) [#MammaMeals](#) [#DesertDiscs](#) [#40yearWait](#)

.....

REFLECTIVE RESPONSE ... (5 mins)

- Listen to the audio of the poem or watch the video again.
- Using emojis, how would you express the story and how it makes you feel?



.....

SHARING IS CARING ... (2-3 mins)

- Invite the young people to share what they've done

OUTRO

Summary of the Beat 2 Exodus story

LEADERS NOTE

Below is a summary of each part of the story in 60 seconds as a recap of where we've been. You can read this out as a script or encourage some of the young people to perform it. The **60-second selfie challenge** can also be used for this section to help bring each point to life in a playful and visually engaging way. These can be done as live freeze frames as you go through the story, or pictures you advance through that show on the screen. (*Alternatively, you can prep the pictures with team leaders/church members beforehand, which the young people only see in the 60-second sum-up.*)

Underneath each 60-second sum-up is a taster for the next session.

In following sessions, these sum-ups can also be used as recaps of the previous session.

60-second sum-up scripts

- 1. Old Man Abe** – God promised Abraham his offspring will outnumber the stars [#Genesis12](#). Sarah laughs at the idea – cos they're both proper old, so there's no chance. But then ...
- 2. Funny Man Isaac** – Well into their nineties Abe and Sarah had a son called Isaac (whose name means laughter) – the promised family begins! Then Isaac also had a son ...
- 3. Con Man Jacob** – Conned his brother out of the family inheritance, and later wrestled with God until he blessed him. (Jake had 12 boys, who became 12 tribes.) [#12Teams](#)
- 4. Showman Joseph** – Joseph brags he's Dad's favourite and his brothers beat him up and sell him into slavery. Arrives in Egypt as a prisoner but ends up prime minister. God rescues Joseph's family [#Reunion](#)
- 5. Bushman Moses**
 - **God hears the cries** of his people and shows up in a bush
 - **A ten-plague standoff** with Pharaoh
 - **God parts the sea** and so God's people are now free
 - **Gives them ten golden rules** to help them live their best life. Though rules highlight their rule breaking hearts, they're holding on for one who'll one day not just keep the rules, but complete them.
- 6. Welcome home Joshua** – a generation grumbles, but after 40 years wandering the desert, they get the welcome home mats out in Canaan – the place God promised to Abraham all those years before [#PromisedLand](#)

Next session taster...

Next week we'll explore Beat 3 of the Bible story, Exile. Featuring God's people making a home in the promised land, to epic Judges like Deborah and wise king blokes like Solomon to a hostile takeover. [#Judges](#) [#Kings](#) [#Babylon](#)

LEADERS NOTE

Ask for one volunteer to prepare to perform the spoken word poem 'Exile' next session (alternatively, you can just play the video)

Pray

- Pray to close the session