

# LEADERS GUIDE

SPOKENTRUTH

GOSPEL TRUTH • SPOKEN WORD



## SESSION 3

# BEAT 2 EXODUS

### INTRO

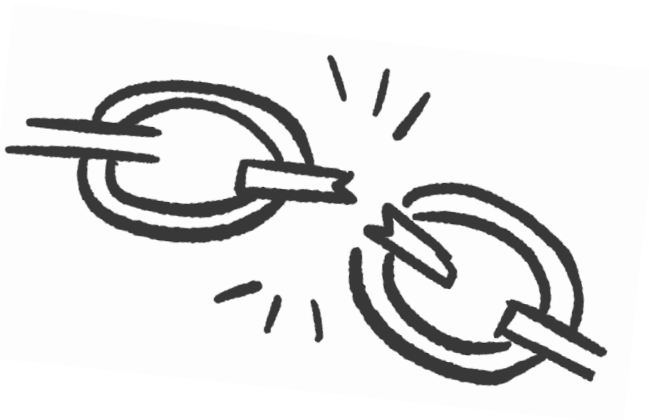
#### Convo kick-starter (3minutes)

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 without having done anything wrong, how would you feel? What would you do?

#### SESSION LINK

Deep inside us we have a sense of knowing when something isn't 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 of 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 how the challenge connects to the theme of the session.

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#### OPTION 1

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

#### SESSION LINK

Jacob's cream crackers link to, 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 cream crackers and a large bowl for crumbs!

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#### 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

The socks of many colours link to Joseph's coat of many colours  
#Genesis37

#### NEED

Lots of socks in different colours.

**ICEBREAKERS cont.**

**Vic Verbatim (5minutes)**

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."

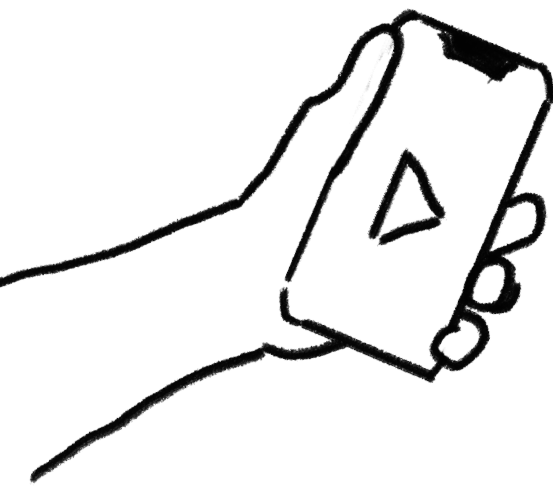
Exodus 3.7-9 (NIV)

- 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 on page 21 of *Six Beats One Story*). After the time is up, deliver the memory verse in one of the following ways:

**'On the head-to-head, son'** – two people take quick-fire turns to say one word each, back and forth, until the verse is complete or a mistake is made

**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



**The six selfies in 60 seconds challenge**

**LEADERS NOTE**

This icebreaker challenge is designed to get the young people to act out six key poses that capture this part of the story. The poses can also be reused in the 60-second sum-up at the end of the session.

Split the young people into six groups and provide paper and pens, as well as a props and costumes box with different items, relevant to this part of the Bible story. Tell the young people to make it fun and capture each part of the Bible story in either selfie poses or freeze frames. They can write clues to appear in the pictures too if they want.

Ready for the 60-second sum-up at the end of the session, they can take pictures of the poses to use in the slide show (choose six). Alternatively, they can perform their freeze frames live as you go through the sum-up.

\*if you don't think this task is a great fit for your young people, leaders/church members could take pictures of themselves doing the selfie-poses in advance and surprise the young people with a fun slideshow in the 60-second sum-up at the end.

**'DO'**

This is a selfie freeze frame challenge. In your groups, your mission is to capture the essence of the phrase you will be given in a selfie pose/freeze frame. You can use any props and costumes you like, and you can also write clues on the paper to add to your picture. As well as the prompt/phrase, there's also a clue/suggestion of what you could act out if you're stuck.

You have 60 seconds to create your selfie freeze frame. Time's up when you hear the klaxon.

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**Suggested place names or phrases written on paper:**

#Ur, #Egypt, #Desert, #PromisedLand

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**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 a 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 rearrange themselves 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 say 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** Her hubby was Abraham **#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?** He 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 minutes)**

**THE POEM**

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

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**REFLECT**

*(The following questions can be discussed as a group or reflected on individually.)*

- What stood out to you, surprised you or confused you in the poem?
- What Bible characters can you remember from the poem? If you were telling this beat of the story, would you have mentioned different characters? (If so, why?)

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**ACTIVE RESPONSE (5 minutes)**

- 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!'

#400YearsASlave #MammaMeals #DesertDiscs #40YearWait

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**REFLECTIVE RESPONSE (5 minutes)**

- 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 minutes)**

- 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 a 60-second 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 revisited for this section to help bring each point to life in a playful and visually engaging way. These can be done as freeze frames performed live as you go through the story, or pictures you advance through that show on the screen.

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

In following sessions, these sum-ups can also be used to recap the previous session.

**60-second sum-up script**

- 1. Old man Abe** – God promises 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 have a son called Isaac (whose name means laughter) – the promised family begins! Then Isaac also has a son ...
- 3. Con man Jacob** – Cons his brother out of the family inheritance, and later wrestles with God until he blesses him. (Jake has 12 boys, who become 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, epic judges like Deborah and wise king blokes like Solomon, all topped off with a hostile takeover. #Judges #Kings #Babylon

**LEADERS NOTE**

Ask a 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