

LEADERS

Session 3

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 right, and we long for justice.

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 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

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

The Six selfies in 60 seconds challenge

Leaders note

This is an icebreaker challenge designed for the young people to come up with 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 prop 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

Leaders note

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

Couplet up

Cut 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 up the A cards, ask them to stand

in line in the order of the answers. You can reveal the answers in one of two ways ...

Spoken word (4 mins)

The Poem ...

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

