

# LEADERS GUIDE

## SESSION 1

# THE BIBLE INTRO

### INTRO

#### Blurb

We are passionate about inviting young people to discover the Bible in a fresh, fun and faithful way. This guide for leaders is designed to help youth workers explore Dai's book, *Six Beats One Story*, in a youth group context.

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#### The book

*Six Beats One Story* is a creative devotional that takes you through the Bible story in six beats. Think of it like six chapters in a book, six scenes in a film or, better yet, six slices of your favourite cake. It features spoken word poems, soundtracks and films, along with reflections and Bible summaries in the style of social media posts. We want to help break down the Bible story into manageable chunks, give some insights into each beat of the story and get young people thinking, 'Why should I care?' It's possible to use the resource without the book, but for the full experience, we recommend that each young person has a copy of the book.

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#### Inter-activities

These have been tailor made for youth groups as a way to explore the themes of the book in an interactive way. It includes eight sessions with a variety of inter-activities such as icebreaker questions, Bible quizzes, with space and tools to help young people respond to God's story creatively.

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#### The guide

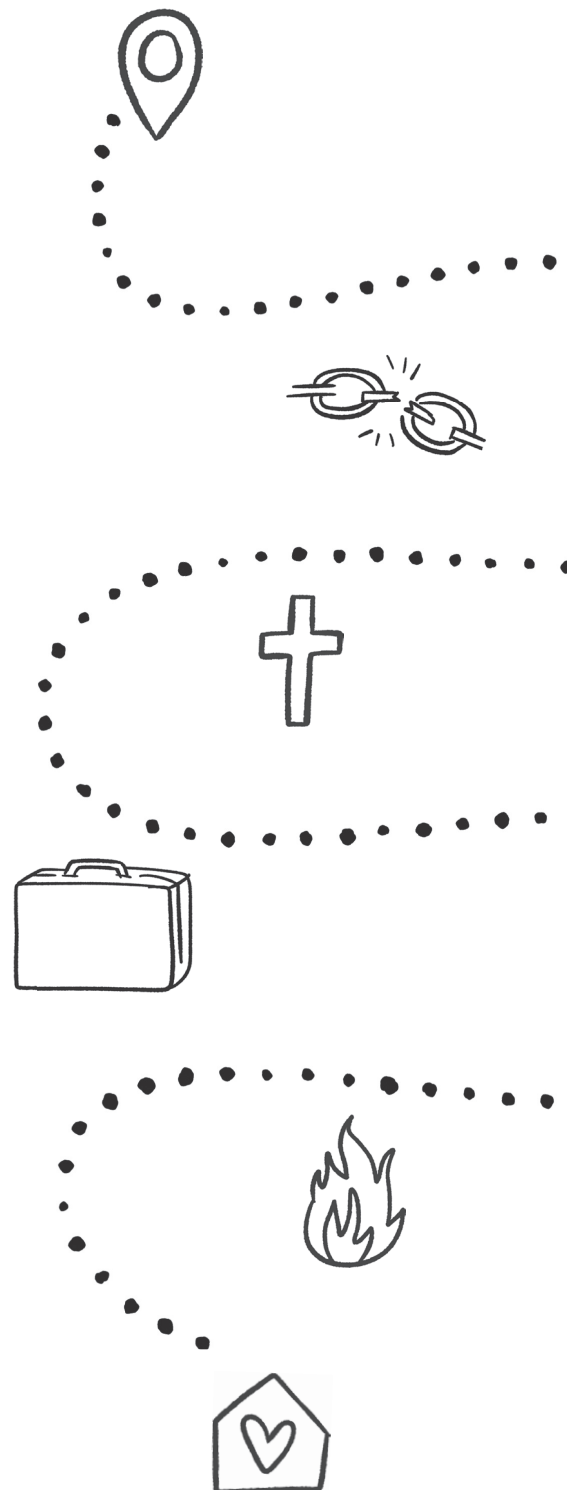
This is what you are reading! This free-to-download PDF outlines how to facilitate the '*Six Beats One Story*' youth resource.

There are various inter-activities (a word I've just made up to combine 'interactive' and 'activities!') in this resource, and where possible we've tried to offer some choice.

We've deliberately prepared more activities than you'll need, so you can choose which ones you use. You're the leader, this is the guide and you know what will best serve your young people, so pick and mix the activities as you see fit.

Essentially each session is broken into:

- Intro/Recap and icebreakers
- Inter- activities
- The spoken word poem
- The response



**INTRO**

**Session aim**

To give a basic overview of the Bible story, a snapshot of where we're heading, and find out how the young people feel about the Bible.

**LEADERS NOTE**

Before we dive into the story, we want to set the scene, give people a chance to consider what they think the Bible story is about, and what it's got to offer. The heart behind this resource is to point young people to the divine author, God, who breathed the words into the Bible.

'DO'

Show 'the explainer' video from Dai

**Convo kick-starter (3mins)**

Split the young people into groups of 3-5 and do 1 of the following conversation kick starters.

**Cannonball option:**

A group of aliens visit planet earth and discover the Bible, but it's up to you to explain what it is.

**Option 1** – You can only use one word to communicate.

**Option 2** – You can only use one selfie to communicate.

**Deep dive option:**

Below are two suggested activities to follow on from the conversation kick-starter. Encourage your group to be playful. Essentially, you want to tease out some of their pre-conceptions and facilitate a conversation on what stood out.

'DO'

**Activity 1**

Imagine you're a salesperson on a TV shopping channel and you've got 60 seconds to sell the greatest item ever, the Bible.

How would you sell it? Why do people need it? How would you convince people this would change their life!? What would you say?

**Activity 2**

Imagine you've just seen the best advert about the greatest item on a shopping channel, the Bible. But you're really not happy and want your money back. You decide to leave an online review.

Split into groups and film a 60 second review. What would you say? (This can be Bible-related things the young people are wrestling with, or more general)

**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**

Get the group to sit in a circle and tell a story in 60 seconds (one word at a time) beginning with 'Once upon a time'.

**SESSION LINK**

There are many authors of the Bible, yet it makes up one story

**OPTION 2**

One at a time, ask for a volunteer to take on this session's challenge: 'How many sticky notes can you put on your face in 60 seconds?' (World Record = 38)

**SESSION LINK**

sticky notes represent many authors, yet one story. If you'd like to further represent this point, write one letter on each sticky note beforehand: S, T, O, R, Y

**NEED**

Sticky notes, klaxon sound effect



INTER-ACTIVITIES

The Quiz

LEADERS NOTE

The quiz is split into two parts. ‘Cannonball’ is part one, which is a little easier, and ‘Deep dive’ is part two which is a little harder. Do one or both parts depending on the age range and Bible literacy levels of your group.

Journal – encourage the young people to use their journals to do the quiz, and mark down the answers afterwards.

Answers below (Slides available at <https://biblesociety.org.uk/sixbeatleadersguide>)

Part 1 – Cannonball

1. Who wrote the Bible?  
a. God b. Humans **c. Humans inspired by God** d. Adam and Eve
2. How many books are there in the Protestant Bible?  
**a. 66** b. 27 c. 39 d. just 1
3. How many Testaments are there in the Bible and what are they?  
a. 1 **b. 2** c. 6 d. 66
4. Finish the sentence, ‘all Scripture is God \_\_\_\_\_’  
a. Sneezed b. Squeezed **c. Breathed** d. Sees
5. What’s the first book of the Bible?  
a. Numbers b. Exodus c. Deuteronomy **d. Genesis**
6. Can you name the missing Gospel below?  
Matthew, Mark, Luke and **JOHN**

Part 2 Deep dive

1. How many chapters are there in the Bible?  
a. 3,189 **b. 1,189** c. 2,189 d. There are no chapters
2. In the book of Acts, who made a dramatic U-turn to follow Jesus?  
a. John b. Peter **c. Paul** d. Jesus
3. Which follower of Jesus is mentioned as ‘the disciple Jesus loved’?  
a. Mary b. Judas **c. John** d. Peter
4. Who wrote the letter of Romans?  
a. Moses **b. Paul** c. Adam d. Some Roman bloke
5. Which two disciples of Jesus were nicknamed ‘the sons of thunder’?  
**a. James and John** b. Jack and Jill c. Peter and Paul d. Adam and Eve
6. Which disciple cut off someone’s ear while defending Jesus?  
a. Noah b. Ruth c. Steve **d. Peter**

Couplet up

The following couplets are from the spoken word poem, ‘The Bible in 4 minutes’ (*Six Beats One Story*, pp.7–9). The idea is to get the group thinking about what happens in the Bible story.

Clues are ‘spot the poetry’ (e.g. do they rhyme?) and ‘match the meaning’ (e.g. are they two parts of the same story?). The young people can **turn to pages 7–9** of the *Six Beats* book to see if they got it right.

Once they’ve matched them up, invite the young people to perform the spoken word to camera, in the order they think it should be in.

‘DO’

There are 12 cards – six **A** cards and six **B** cards – each with a line from Dai’s Bible in 4 minutes’ poem (or one half of a couplet). Together they tell the Bible story. 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 poem’s perfect partner?

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 the line them up 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.

1. **A** – From the dust he formed us, the ultimate reflection of his perfection  
**B** – Sin goes viral. Yet a seed sown pointing to a rescuer homegrown.
2. **A** – A 10 plague standoff – Israel’s shackles come free  
**B** – Moses leads the way, as God centre-parts the sea.
3. **A** – Psalm-singer David gets crowned then convicted  
**B** – Kingdom divides, God’s people get evicted
4. **A** – Crucified. But then on the third day  
**B** – The Messiah’s stone rolled away
5. **A** – The Spirit’s opening ceremony display  
**B** – Tongues of fire the works of a people full of praise
6. **A** – Apostle John got a snapshot of how it all ends ...  
**B** – No more tears with fears forgotten

INTER-ACTIVITIES

Search and you will find

LEADERS NOTE

The idea with this section is to give some helpful insights to young people around how to approach and understand the Bible. There are two activities below:

- **Search and you will find** – more active and could work with older and younger youth
- **Riddle me this** – brain teaser riddles, designed to be a little more challenging

Both will lead to the same explainers, so use the one activity that you feel will best work with your group.

‘DO’

Split the young people into groups, the leader asks for an item (in bold below). A person from each group has to bring an item to the leader who is in the centre of the room. First wins. Once the item has been found – play a short video of Dai giving the corresponding explainer (alternatively, read out the corresponding ‘explainer’ which you’ll find below the riddles section)

Paraphrase the following or show Dai’s ‘Search and you fill find intro video’

*“Reading the Bible can feel like eating an elephant (not something I’ve tried, or would recommend), but just imagine, where would you start?! In this activity, you’ll get a few pointers on key info, which should hopefully help before we begin the journey (to read the Bible I mean, not eat elephants).”*

Item overview and code

1. **Clock:** When? (When was the Bible written?)
2. **Pen:** Who? (Who wrote the Bible?)
3. **Glasses:** For? (Who the Bible was written to/who the Bible was written for)
4. **Socks:** Style? (Different genres of writing)
5. **Belt:** True? (Bible is God breathed and trustworthy)
6. **Finger or something with a point:** Point? (What’s the point of the Bible? Who does it point to?)

Deep Dive - Riddle me this

Each riddle has an answer that connects to an explainer. The young people have to guess the riddle to hear the explainer.

**Riddle 1:** Without fingers, I point. Without arms, I strike. Without feet, I run. What am I?

(Answer – clock/watch)

**Riddle 2:** I am an instrument of words. In my grip, great stories are heard. I come in many shapes and sizes and through my presence comes writers’ prizes. I am mightier than the sword and a lifeline for those who can’t be ignored. What am I?

(Answer – pen)

**Riddle 3:** Without a bridle or a saddle, across a thing I ride

a-straddle. And those I ride, by help of me, though almost blind, are made to see. What am I?

(Answer – glasses)

**Riddle 4:** I’m something that you wear that always comes in twos.

I provide a layer between your feet and shoes.

(Answer – socks)

**Riddle 5:** I’ve many holes but I will never leak. Not comfortable?

Just give me a tweak. Though together most of the day, when bedtime comes we’ll go our separate ways. I won’t let you down – I’m your reliable mate. This is a ‘hold-up’ you’ll appreciate.

(Answer – belt)

**Riddle 6:** Here’s a tip – I am a pointer. I have a bony structure and if I make a fist with four friends, I become a thumper!

(Answer – finger)

The explainers

(These can be read out by the youth leader, or play the video of Dai giving the short explainer)

Note that each explainer corresponds with the same number in both activities (‘search and you will find’ AND ‘riddle me this’)

1. Clock or watch (when was the Bible written?)

It was started over 3,000 years ago, and took over 1,000 years to finish.



2. Pen (who wrote the Bible?)

Actually, there are two answers! The first is that most Bible nerds believe it was written by around 40 people, from different countries and different times in history. The second answer is that the Bible tells us who its author is ... God! 2 Timothy 3.16 says, ‘All Scripture is God-breathed ...’ (NIV). So it’s both written by many human authors over hundreds of years, including a shepherd, king, doctor and a tax collector, yet somehow tells one big story, with God working behind scenes.



How can it be written by both humans and God?

If you asked ‘who built St Paul’s Cathedral?’, people would say Christopher Wren, except that the guy probably didn’t lift a single brick. He was the architect; he was the brains behind the operation. Or think of it this way. Who wins football games for Man City? Is it the players like Foden, Grealish and Haaland who score and assist the goals or is it the coach, Pep Guardiola, picking the team and tactics? Both can be true at the same time, just like the Bible

INTER-ACTIVITIES cont.

3. Pair of glasses ('for us' or 'to us?')

Not written TO us.

We can't help but look at life through our twenty-first century glasses, but the Bible wasn't originally written TO [insert youth group, church and location]. The Old Testament was written TO a people group from the middle east, who track their family tree back to Abraham, Isaac and Jacob. The New Testament was written to people and house churches 2,000 years ago, in places like Greece, Rome and modern day Turkey.



The Bible was written FOR us.

Although it was not originally written TO us, it was written FOR us. Our job is to work out what it meant then, and figure out what that means FOR us now. (give time for the group to make notes in their journal)

4. Two different colour socks - (Style)

The Bible was written in different styles or genres!

- **Story** – from historical accounts about God's people to the parables Jesus told to share important truths and help people to understand them
- **Poetry** – Like the songs, poems and laments you find in the book of Psalms
- **Wisdom** – collections of wise and moral sayings like those in Proverbs and Ecclesiastes, written to help people flourish and live good lives
- **Prophecy** – like the books of Isaiah, Jeremiah and Ezekiel where God spoke through prophets to challenge the original audiences about their behaviour and warn them to turn back to him
- **Gospels** – biographical accounts about the life of Jesus, that don't just tell us what he said and did,
- **Letters** – to specific individuals or groups of people with a specific message or purpose
- **Apocalyptic** – like the book of Revelation and parts of Daniel. God gives the writers dreams and visions that 'pull back the curtain' to reveal what's going on behind the scenes in the spiritual realm from a divine perspective. These visions are described using symbolic language and imagery and they were meant to both challenge and comfort the people of those times as they looked to the future



5. Belt

The Bible is true and trustworthy. It's 'useful for teaching the truth, rebuking error, correcting faults, and giving instruction for right living' (2 Timothy 3:16, GNB). That said, our understanding isn't always perfect. We should be confident in the Bible, yet humble in how we approach reading and understanding it.



6. Something with a point

The point of the Bible is to show us who God is, who we are, why we're here and how to be part of what God is doing. The Bible also points us to someone – Jesus. He is the main character and hero of the story.



OUTRO

Spoken word (4 mins)

THE POEM ...

Watch The Bible in Four Minutes film, or read the spoken word poem aloud from pages 7–9 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 Bible story.
- Film yourself performing a ten-second rap of the Bible story.
- Write a spoken word sum-up of the Bible story for socials (try getting creative with hashtags)
- Dai's example (slide optional): Creator created, garden it went pear shaped. Father Abraham, then Israel's Judges and Kings. Later comes Messiah. #ForgiveSins #BeatDeath

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

Next session taster...

LEADERS NOTE

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

Pray

- Pray to close the session