

# LEADERS GUIDE

## SESSION 4

# BEAT 3 EXILE

### INTRO

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

Below are a series of convo kick-starters for Session 4. You will also find a session link for reference.

1. What's the longest time you can wait without looking at your phone? How long do you think you could go without looking at your phone?
2. Where or with whom do you feel most at home?

#### SESSION LINK

We can become easily bored or impatient and don't like waiting around for things. God's people didn't just wait, they waited and longed for 70 years. Their longing was for something deeper; they longed to be home at home.



### 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.

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#### OPTION 1

'Can you reach home?' Ask one person to hold an A4 paper that says '**HOME**' written on it in pen. On the other side of the room, ask another person to hold a paper that says '**BABYLON**' written on it. Invite volunteers up to jump from Babylon to home. Closest wins. (World record long jump is 8.95 metres).

#### SESSION LINK

Israel were in Babylon and longed for home but couldn't reach it for 70 years

#### NEED

A4 paper and pens, tape measure and gaffer tape to mark people's jumps

**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:**

'When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you'  
(Isaiah 43:2, NIV)



**Deep dive option:**

'When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned ... do not be afraid, for I am with you'  
(Isaiah 43:2,5 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 31). 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

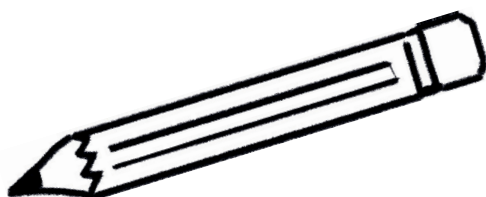
**'Let's circle back'**

– go around the room quick-fire, one word each

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**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.

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

#PromisedLand, #IsraelNorth, #JudahSouth #Babylon #70years

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**Suggested props:**

Gavel, toy crown, handcuffs, DIY tools

1. **Joshua Judges** – (e.g. a judge ruling)
2. **We want a king** – (e.g. crowning a king)
3. **King Rehoboam botches it** – (e.g. A split – ten people Israel north, two people Judah south)
4. **Takeovers** – (e.g. Babylon arresting Judah)
5. **70-year exile** – (e.g. sign saying 'Babylon', sign '70 years')
6. **Homecoming** – (e.g. sign saying 'welcome home', party time, building temple)

**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 ‘Exile’ poem (or one half of a couplet). Together they sum up Beat 3 of the Bible story through spoken word, from making home in the promised land to Judges and Kings, from building a Temple to a Babylon takeover. **#Judges #Kings #Jeremiah**. 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** – Joshua leads and Israel arrive  
**B** – He picks Judges to govern so Israel can thrive
2. **A** – Peace turns to judgement, turns to saviour, turns to peace  
**B** – But the wheel keeps on turning, as their ancestor’s sin repeats
3. **A** – David wears the crown, man after God’s heart  
**B** – A singer of praise accompanied by harp
4. **A** – Solomon asks for wisdom and gets it!  
**B** – Builds a temple, speaks proverbs but then he forgets it
5. **A** – Jerusalem’s conquered and the people taken captive  
**B** – Evicted from the promised land, God’s people departed
6. **A** – Daniel’s trekked to Babylon, he’s fully grieving home  
**B** – 70 years pass, God brings them back home...

**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** Don’t JUDGE her! **#ObjectionYourHonour**
- Clue 2** An army general came to her for help **#Barak**
- Clue 3** From homemaker to leader of Israel! **#NoMess #NoMessing**

**Is it...**

- a. Deborah b. Esther c. Ruth

**Answer: Deborah**

**Did you know** Deborah was the first woman leader in the Bible, and her song is one of the oldest poems recorded in the Bible. **#GirlPower**

**Character 2**

- Clue 1** This guy was a dab hand at playing the harp **#HarpRiffs**
- Clue 2** Probably smelt of sheep **#WhileShepherdsWatched**
- Clue 3** Defeated a big bully bloke with a slingshot **#Goliath**

**Is it...**

- a. David b. Solomon c. Asaph d. Some guy who plays the harp

**Answer: David**

**Did you know** Hundreds of years before Jesus was born, David wrote and composed roughly half of the Psalms in the Bible (like poems put to music to sing to God). **#Worship #PassMeThatPlectrum**

**Character 3**

- Clue 1** This guy was wiser than Yoda **#BrainyHeWas**
- Clue 2** Built a home for God **#Temple**
- Clue 3** Had two wedding anniversaries to celebrate every day of the year! **#MarriedAtFirstSight #700wives**

**Is it...**

- a. David b. Solomon c. Moses d. Richard Osman

**Answer: Solomon**

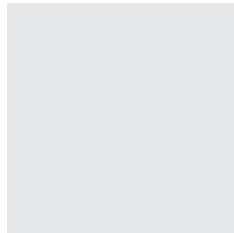
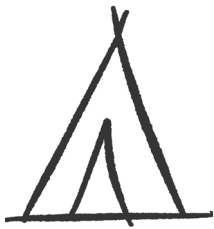
**Did you know** Solomon wrote most of the proverbs in the Bible **#WiseWords #Proverbs**

**Spoken word (4 mins)**



**THE POEM ...**

Watch the Exile film, or read the poem aloud from pages 34–36 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.

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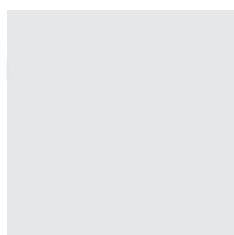
**ACTIVE RESPONSE ... (5 mins)**

- Sketch a three-frame cartoon strip to sum up the story of Exile
- Film yourself performing a ten-second rap of the Exile story
- Write a spoken word sum-up of the Exile story for socials (*try getting creative with hashtags*)
- Dai's example (slide optional): Enter promised land. Judges miss mark, Israel want a king. Saul wrecks the gig, David's crowned then convicted, Sol builds temple, Rehoboam botches it. Kingdom splits, Israel's evicted, then God gives. **#WelcomeHomeParty #70years**

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**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?



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

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

**OUTRO**

**Summary of the Beat 3 Exile 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. Joshua judges** – Josh picks Judges to lead. Israel mess up, face judgement, cry out for rescue, God saves and repeat.
- 2. We want a king** – Saul's got it on paper but doesn't deliver, up steps singer songwriter David and then wise guy Solomon built a temple as God's home.
- 3. Rehoboam botches it** – and 12 families split into two rival gangs – Israel north, Judah south.
- 4. Takeovers** – Israel up north taken over by Assyria, Judah down south taken over by Babylon **#TempleInRuins**
- 5. 70-year Exile** – people of Judah get taken prisoners in Babylon – 70 years longing, until ...
- 6. Homecoming** – finally they're allowed back home and they rebuild the temple **#Ezra**. Still, there's many Jews scattered across other countries, longing for the rescuer God promised in the beginning. The one who'll one day come to rescue, the one they could find their true home in.

**Next session taster...**

Next week we'll explore Beat 4 of the Bible story, Messiah. Featuring the entrance of the chosen one, God's handpicked rescuer **#Jesus #Messiah #Christ**

**LEADERS NOTE**

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

**Pray**

- Pray to close the session