

# LEADERS GUIDE

## SESSION 2

# BEAT 1 ORIGINS

### INTRO

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

Below are a series of convo kick-starters for Session 2. You will also find a session link for reference.

1. Rate the following in order of difficulty
  - a. 100 keepie-ups in 60 seconds
  - b. Singing 'Bohemian Rhapsody' pitch-perfect in front of a thousand people
  - c. Not thinking a single selfish thought for one day
2. Tell an embarrassing story about yourself (but keep it clean!)
3. Think about the person you admire the most. What is it that you admire about them? What is it about them that stands out to you?

#### SESSION LINK

The nature of being human means we are **a)** made in the image of God with the ability to reflect his goodness to others, and **b)** are flawed and make dumb decisions.



### 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

Split the young people into groups of three to five and ask them to list as many animals as they can in 60 seconds. Once the time is up, ask each group to name the animals on their list, with the rest of the groups marking off animals on their list that have already been mentioned. Each group can only count an animal that no other group had on their list. Go around all the groups; the most original animals that other groups didn't have wins (*optional – hand out bonus points for the most unique animals*).

#### SESSION LINK

Animals on Noah's ark [#Genesis6](#)

#### NEED

Paper and pens

#### OPTION 2

Split into groups and challenge them to build the tallest toilet paper tower in 30 seconds. (*World Record = 28 rolls*)

#### SESSION LINK

Tower of Babel [#Genesis11](#)

#### NEED

Plenty of toilet rolls

**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:**

'Let us make them in our image'  
(Genesis 1.27, NIV)



**Deep dive option:**

'And I will put enmity between you and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel'  
(Genesis 3.15, 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 13). 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.

**ADDITIONAL DEEP DIVE**

**Scripture showdown** – if you have time, you can explore other key passages from this beat through a 'Scripture showdown'. In the spirit of a country and western cowboy showdown, choose two volunteers to face off, each holding a closed Bible by their side. Shout out the Bible passage reference and the first person to find it and read it out wins a point. You could do this in teams of two, with different volunteers competing each time.

**Suggested Bible verses to include [Optional]**

Genesis 1.27, Psalm 8.3–4, Genesis 3.15, Genesis 2.25, Psalm 139.13–14, Genesis 9.16

**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:**

#Eden #Ark #Babel #SerpentCrusher

**Suggested props:**

Two big leaves, umbrella, toy snake

1. **All good** – (e.g. thumbs up picture)
2. **Well good** – (e.g. big thumbs up picture, excited)
3. **Not good** – (e.g. thumbs down picture, sad)
4. **Only Noah good** – (e.g. one person thumbs up holding an umbrella, with animals in the background?)
5. **Babbler** – (e.g. one person talking, the other looking confused)
6. **Serpent crusher** – (e.g. one person on the floor like a snake, the other foot rested on head in a champion pose)



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 Bible in 4 minutes’ poem (or one half of a couplet). Together they sum up the Bible story through spoken word in six beats, from Origins, to Exodus, to Exile, to Messiah, to Spirit and Community of the church and finally the promise of a future Home. 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

‘Listen out for rhyme and listen to the story. Or you could just watch the Bible in 4 minutes for some clues!’

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** – A The Original Orator orchestrated order  
**B** – Opened his mouth and words became words
2. **A** – From the dust he formed us  
**B** – Becoming the ultimate reflection of perfection
3. **A** – A relationship severed as sin enters stage left.  
**B** – Banished from the garden, Adam and Eve left
4. **A** – Noah builds an ark, to ride out the rain  
**B** – as the water recedes one thing remains, a colour spectrum rainbow vow – ‘never again’
5. **A** – And though we’re stained with sin’s original curse  
**B** – We can find our origin in the one we reflected first
6. **A** – Where the raucous chant of evil gets hushed  
**B** – the seed’s heel gets bruised, but the serpent’s head crushed

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** God made him from the dirt #Genesis2.7
- Clue 2** This guy was starkers, but he just couldn’t leave it #leaf
- Clue 3** Had a good thing going with a girl called Eve #DateNight #LetsMultiply #Genesis1.28

Is it...

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

Answer: Adam

**Did you know** Genesis tells us that God invited Adam to name the animals! #DuckBilledPlatypus

Character 2

- Clue 1** Created the universe #Genesis1.1
- Clue 2** Made people to reflect their image #Genesis1.27
- Clue 3** Love in all its fullness #Corinth13 #1John4

Is it...

- a. The serpent b. Adam c. Eve d. God

Answer: God (Yahweh)

**Did you know** God has many titles – Provider, Helper, Strong Deliverer. But the Bible says he told Moses his name #Yahweh #Exodus3.14

Character 3

- Clue 1** ‘Blameless among the people of his time, and walked faithfully with God’ #TopLad #Genesis6.9
- Clue 2** Like a holy version of Dr Dolittle #Animals2by2
- Clue 3** Had a floating zoo in case it rained #PassTheUmbrella

Is it...

- a. Abraham b. Noah c. Ryan d. Dave

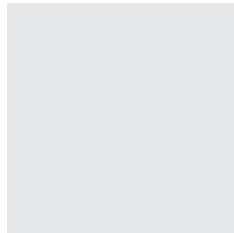
Answer: Noah

**Did you know** The Bible says Noah lived to be 950 years old! #OldTimer #Genesis9.29

**Spoken word (4 mins)**

**THE POEM ...**

Watch the Origins film, or read the poem aloud from pages 15–16 of the *Six Beats* book.



**Response**

**LEADERS NOTE**

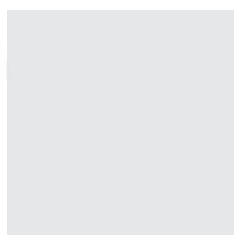
Depending on your group, you can ask them to engage in a reflective way or in an active way, with the following response options.

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

- Sketch a three-frame cartoon strip to sum up the story of Origins
- Film yourself performing a ten-second rap of the Origins story
- Write a spoken word sum-up of the Origins story for socials (*try getting creative with hashtags*)
- Dai's example (slide optional): God speaks – stuff happens. God forms people to bear his image. Serpent tucks people up, people stuff up, stuff goes belly up. But a holy God points to the one who'll one day rise up. [#Seed](#) [#SerpentCrusher](#) [#RestorerOfBrokenness](#)

**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**

**60 second sum up**

**LEADERS NOTE**

Below is a summary of Origins 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 script**

1. **ALL good!** – God made everything, and said it was ALL GOOD. [#Genesis1\\_UltimateArtist](#)
2. **WELL good** – God made us like him, male and female – he made us uniquely to reflect him. [#Genesis2\\_ImageBearers](#)
3. **NOT good!** – it all goes belly up. Adam and Eve chose their way, not God's way, they disobeyed – enter brokenness. And just like Adam and Eve, we're kind of broken too. Like a smashed phone with no battery life, a screen cover's just not going to cover it. [#Genesis3](#)
4. **ONLY Noah good** – evil reigned in people's hearts and only multiplied. With no desire to change, God heartbroken hits the restart button and chooses a GOOD person to spread his goodness [#Noah](#) [#Genesis9](#)
5. **Babel babbler** – people collab, build a tower to reach heaven, they're chuffed. God not so much. He switches up their speech, people spread. [#YouWhat?](#)
6. **Serpent crusher** – we're broken, but the good news is a rescuer is coming, one who'll take on our evil, who'll bear our brokenness, to one day fully restore us. [#Genesis3\\_15](#)

**Next session taster...**

Next week we'll explore Beat 2 of the Bible story, Exodus. featuring an all star cast of old man Abe, conman Jacob, showman Joseph, and bushman Moses [#Genesis12](#), [#Exodus14](#), [#Exodus20](#)

**LEADERS NOTE**

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

**Pray**

- Pray to close the session