

LEADERS GUIDE

SESSION 5

BEAT 4 MESSIAH

INTRO

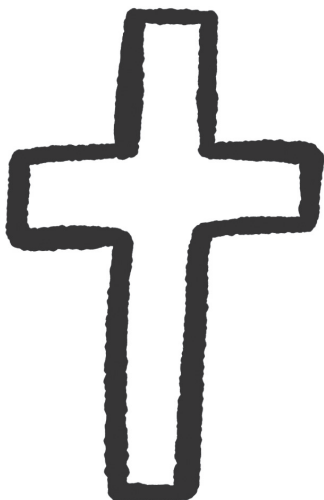
Convo kick-starter (3mins)

Below is a convo kick-starter for Session 5. You will also find a session link for reference.

1. If you were to build your own superhero, what would they look like? What would be their superpowers? *(this can also be an icebreaker where they draw their super-hero)*

SESSION LINK

Jesus is the ultimate superhero.



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 stand on one leg for 60 seconds?

(Note – If it's too easy, this can evolve into 'but can you stand on one leg for 60 seconds in a storm?' – squirt with a water pistol for rain, hairdryer in the face for wind).

SESSION LINK

Jesus did many miracles like walking on the water [#Matthew14](#) and calming a storm [#Mark4](#)

NEED

Stop watch

(optional – water pistol and hairdryer)



ICEBREAKERS cont.

Vic Verbatim (5mins)

Similar to learning a memory verse, the idea is to practise saying a verse in an expressive way. The verse for this session is:

Cannonball option:

'God demonstrates his own love for us in this: while we were still sinners, Christ died for us'
(Romans 5.8, 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 41). 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:

#400Years, #Bethlehem, #Jerusalem #Crucifixion

.....

Suggested props:

Nativity props/costumes, water bottle and empty wine bottle

Note – generally encourage playfulness, though ask the group to be respectful for the cross picture

1. **400-year wait** – (e.g. board holding sign '400 years')
2. **The nativity scene**
3. **Good news** – (e.g. Jesus performing miracles, turning water into wine)
4. **Palm leaves entry** – (e.g. ride a donkey, people putting coats on the floor, sign #Jerusalem)
5. **The cross** – (e.g. three people arms out with heads bowed)
6. **Empty tomb** – (e.g. surprised, looking for Jesus but can't find him, sign #TombEmpty?)

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 ‘Messiah’ poem (or one half of a couplet). Together they sum up Beat 4 of the Bible story through spoken word, from Jesus’ birth in Bethlehem with animal roommates, to growing up telling stories and making miracles, to then dying on a cross and rising two days later.

#EmptyTomb #Matthew #Mark #Luke #John

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 – The magnificent maker who made everything B – Worshipped by shepherds, and gifts fit for a king
2. A – Jesus raised up Lazarus, though he lay in a casket! B – He fed a stadium-full, with just one picnic basket ...
3. A – Then to Jerusalem riding a donkey B – Passed over palm leaves, Passover to Gethsemane
4. A – From denial to trial, to beatings to Pilate B – With crucifixion demands, Pilate swayed by the riot,
5. A – With one final cry out sin’s curse is extinguished B – As love laid out his arms he said ‘It’s. finished’
6. A – This may be the final chapter but there’s a sequel to the story B – Because on the third day he resurrects to glory.

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 The greatest storyteller who has ever lived #TEDTalk
Clue 2 He’d build stuff with his hands #DIY #LoftConversion
Clue 3 Water he turned into wine #Vintage

Is it ... a. Peter b. James c. Mary d. Jesus

Answer: Jesus

Did you know Jesus was into parties. His first miracle was turning bath water into the tastiest red wine at a wedding. The wedding hosts ran out. #John 2 Jesus once said, ‘before Abraham was, I AM’. This is the divine name of God – the same phrase God used when he met Moses in a burning bush. Joining the dots – Jesus is saying I AM that same God who met Moses in a bush and created the world! A huge claim, but if it’s true, it changes everything! #John 8.58

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. Mary b. Martha c. Esther d. Gabriel

Answer: Mary mother

Did you know After the angel Gabriel told her she’d give birth to God’s own son, she was so filled with joy she burst into song. #Blessed

Character 3

- Clue 1 Sometimes had a face like thunder #SonOfThunder
Clue 2 The disciple Jesus loved most (according to himself!) #YourSoVainYouProbablyThinkThisSermonsAboutYou
Clue 3 A fisherman who was best mates with a carpenter #TheOneJesusLoved

Is it ... a. James b. John c. Andrew d. Peter

Answer: John (Zebedee’s boy)

Did you know His nickname with his brother James was ‘the sons of thunder’. John probably wrote the Gospel of John in the Bible, telling the story of Jesus’ life. He was one of Jesus’ best mates and wrote about many things he said and did, as he was often there when it happened #JonnyJournal

Character 4

- Clue 1 Keeps on top of the housework #HostingAndHoovering
Clue 2 Did far more dishes than her sister Mary! #MaryDidYouKnowTheDishwasherNeedsEmptying
Clue 3 Saw a dead man walking #Lazarus #Brother

Is it ... a. Mary b. Elizabeth c. Martha d. Abigail

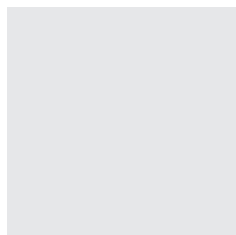
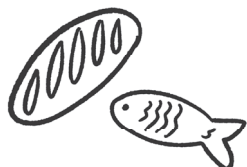
Answer: Martha

Did you know Martha saw Jesus raise her brother Lazarus from the dead #John11

Spoken word (4 mins)

THE POEM ...

Watch the Messiah film, or read the poem aloud from pages 44–46 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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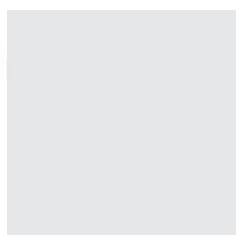
ACTIVE RESPONSE ... (5 mins)

- Sketch a three-frame cartoon strip to sum up the story of Messiah
- Film yourself performing a ten-second rap of the Messiah story
- Write a spoken word sum-up of the Messiah story for socials (*try getting creative with hashtags*)
- Dai's example (slide optional): Enter magnificent maker of everything. Lived then laid the world's burdens on his shoulders. Crucified but the grave could not hold him. Jesus fully lives so we can fully live in him. [#400yearwait](#) [#ItsFinished](#) [#EmptyTomb](#) [#BlindedByYourGrace](#)

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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 4 Messiah 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. 400-year wait** – 400 years and God's people are still waiting for the rescuer God promised them at the beginning, [#SerpentCrusher](#)
- 2. Jesus arrives** – not as expected. A baby born in a barn in Bethlehem [#BornInAbar](#)
- 3. Good news** – James came to bring good news and did the unbelievable – turned water to wine, told stories with spoilers about who God is, healed the sick, raised the dead, and claimed to be God's son – the serpent crusher, the one God promised to bear the burden of brokenness at the beginning.
- 4. Palm-leaves entry into Jerusalem** – Jesus arrives in Jerusalem to fanfare from some and murder plots from others. One final supper together with his friends, then Judas betrays, Jesus prays [#Gethsemane](#), they arrest Jesus and Jewish leaders convince Pilate to deliver the verdict.
- 5. The Cross** – Jesus on a cross, bearing the world's brokenness, he dies. [#DeathSentence](#) [#Crucifixion](#)
- 6. The empty tomb** – two days later, the ultimate plot twist – Jesus Resurrected. Beat death, paid the price, to repair the broken, restore the relationship status between people and God.. [#FullOnForgiveness](#) [#BecauseHelsRisen](#)

Next session taster...

Next week we'll explore Beat 5 of the Bible story, Spirit. Featuring the Holy Spirit's entrance, to the birth of the Church, and a guy called Paul who went from Public Enemy no.1 of the Church, to the Church's greatest champion [#Pentecost](#) [#180](#) [#Judea](#) [#Samaria](#) [#EndsOfTheEarth](#)

LEADERS NOTE

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

Pray

- Pray to close the session