

LEADERS GUIDE OVERVIEW

CONTENT OUTLINE SESSIONS 1–8

The course outline tracks with the same six beats as the book, but with Session 1 being an intro session, and Session 8 a showcase summary.

See the outline below.

Session 1
The Bible intro
Bible introduction

Session 2
Beat 1 Origins
Homing in on Genesis 1–3

Session 3
Beat 2 Exodus
the story of Israel from Abraham to Moses and freedom from slavery

Session 4
Beat 3 Exile
from Promised Land to Judges, Kings and the Babylonian exile

Session 5
Beat 4 Messiah
the life, death and resurrection of Jesus

Session 6
Beat 5 Spirit/Community
the birth of the Church and how we fit into the story

Session 7
Beat 6 Home
a glimpse of how it all ends

Session 8
Showcase and summary
summing up the story and inviting the young people to showcase some of their creative responses (to the rest of the group, or the wider church)

THREE DEPTHS OF ENGAGEMENT

Essentially each session (bar Session 8 which is a lot more flexible), is broken into **icebreakers**, **inter-activities** (a word I just made up combining interactive and activities!) on the session theme, the **spoken word poem** and a **creative response**. You can pic-n-mix the activities in this resource to suit your needs, and I have come up with three levels of engagement (in the form of a swimming metaphor!).

1. Tip your toes in (10–15 minutes)

This would be the entry level designed for if you don't have time to dive into the Bible story. For this I suggest you use one icebreaker or activity, the spoken word poem and a response or 60-second sum-up.

2. Cannonball (15–30 minutes)

For those who have a concentrated time to engage as a group that can fit alongside your other prepared activities. It's a cannonball splash, so it's designed to be interactive, fun and accessible. I suggest a convo kickstarter, 1–2 icebreakers, an activity, the spoken word poem and a response.

3. Deep dive (30–45 minutes)

For the eager beavers who want to go deeper! There should be plenty of material with different options. I have deliberately tried to communicate key themes and key parts of the narrative in various sessions. Use what blesses and enjoy!

OUTLINE OF A TYPICAL SESSION

The recap (2 minutes)
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The convo kick-starters (2–5 minutes)
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The Icebreakers (5–10 minutes)

(You can choose one or all three of these activities)

- Record breakers (3–5 minutes)
 - Vic Verbatim (3–5 minutes)
 - Six selfies in 60 seconds challenge (3–5 minutes)
– *(designed alongside the 60-second sum-up scripts to be used at the end)*
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The Activities (5–15 minutes)

You can choose one or both of these activities. Alternatively you can do 'Couplet Up' after the spoken word poem to give the group some clues to the answers.

- Couplet-up (5–7 minutes)
 - You're a bit of a character (session 2 onwards) (5–7 minutes)
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The spoken word /video (5 minutes)

This can be performed by a young person(s) in your group using the Six Beats book, or alternatively you can watch the spoken word film.

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The response

- Active/Reflective response (5 minutes)
- Sharing is caring (2–3 minutes)
- 60-second sum-up scripts (1–2 minutes)
– *You can use these alongside the icebreaker 'Six selfies in 60 seconds'*