

Leader's Prep Guide

The Leader's Prep Guide is a one-page glimpse of the stuff you need to know to begin preparing to teach the Large Group Session.

Session Overview

The Session Overview is a glance at some of the big picture details of each session.

- **Session Title:** Living The Exchanged Life
- **Session Purpose:** To highlight what the Bible says about what an “exchanged life” looks like and how this impacts their day-to-day lives.
- **Scripture Passages:** 2 Timothy 1:8-10, John 13:1-17, 1 John 3:16-18, Luke 14:25-27, 2 Corinthians 4:16-18
- **Session Snapshot:** This session is a very practical, very straightforward challenge to help your students embrace this idea of living the exchanged life. They'll look at a few of the essential qualities of living out this life. And they'll see how the life we're promised by God is full of opportunities to embrace this way of living.

Session Specifics

Session Specifics are just that: important aspects of the session outline that you need to keep in mind as you prepare.

Details on Large Group Session Outlines

- Here's the overall flow of each Large Group Session. (This way you'll know where you're headed as you think about tailoring this outline to fit your needs.)
 - **Session 1:** Theme pitch: Introducing Christ's Great Exchange
 - **Session 2:** The powerful truth about the new life this exchange purchased for us
 - **Session 3:** A look at what living the “exchanged life” looks like, practically speaking
 - **Session 4:** A hopeful look to the future when God exchanges this broken world for a perfected one

A note about Small Groups

- In Small Group Session 3, students will be covering the exchange of hate for love, and learning that this is one of the true defining characteristics of Christ-followers.
- Small Group Session 3 Passages are as follows:
 - **Main Scripture:** Romans 1:18-32
 - **Supplemental Scripture:** 1 John 4:9-12, John 13:34-35, Luke 6:27-31
- You can allude to these passages if you choose. But mostly, just keep them in mind, so if you “freelance” a bit you won't steal any of the Small Group Leader's thunder.

Large Group Speaker Outline [SIMPLE]:: Session 3: Living The Exchanged Life

*This SIMPLE outline is specifically designed to give you a streamlined outline for your Large Group talk. We've suggested some talking points that provide a nice roadmap for teaching the passage. But feel free to tailor them as you see fit. (If you would like a more in-depth outline complete with optional content for each point, please see the **DETAILED Large Group Speaker Outline.**)*

Session Intro

This section guides you in introducing the basic direction of this session. Feel free to use it as is, or to supplement it with any of your own personal ideas

Intro Option 1: Content Intro

- Explain to students that this lesson will focus on what it looks like to live out the exchanged life.
- Explain to students that you'll be looking at how the Bible describes the exchanged life, and how this looks in their everyday lives.
 - **Consider saying something like:** The Bible paints a pretty clear picture of what it looks like to live the exchanged life. We'll read a few passages then help bridge the gap between the cultural context of biblical times and the world you live in today.

Bible Study

In this section you'll find the heart of your Large Group Session content, the Bible Study. The *Bible Study* section gives three Teaching Points with supporting content. Teach it as is or tailor it to allow for your personality and experience.

Teaching Point 1: An exchanged life is a life of Christ-likeness.

- Explain to students that the one of the main ways of looking at the exchanged life is to see it as living a life that imitates Christ's.
 - **Consider saying something like:** Living out the new life Jesus made possible to us by His death and resurrection is first-and-foremost about living as Christ would live. It's about handling people and situations in a manner similar to how Jesus would. One way to look at this is to call it the pursuit of holiness.
- Instruct students to turn to 2 Timothy 1:8-10.
 - Before reading the passage aloud, explain that 2 Timothy is a letter written to Timothy, a young leader in the early church, by Paul.
 - The letter is full of advice from Paul, the old, wise veteran, to Timothy, the young, fresh leader.
- **Then, read 2 Timothy 1:8-10 aloud.**
 - Explain to students that Paul was writing from jail in Rome. That's why in verse 8 he urged Timothy not to be ashamed of him, and also why he mentioned the idea of suffering. Explain to students that verse 9 is really where you want them to focus their attention.
 - **Say something like:** Verse 9 speaks to why Jesus made the exchanged life possible for us. He saved us so we could live holy lives on this earth, lives without sin, and lives focused on Christ. And again, Paul clears up any misconceptions that we might have somehow earned this on our own. Out of His love, God saved us. But, in doing so, He called us to embrace a life of holiness.
- Help students think about how this relates to their lives today.
 - **Say something like:** Holiness takes on many forms in your world today. You can choose holiness by not watching specific movies, or listening to specific songs. You know the ones. You can choose holiness in your attitude toward sex and sexuality. You can choose holiness in your relationship with your parents. You can choose holiness in how you treat others. In other words, you have an almost limitless amount of chances to demonstrate to the world this particular aspect of living the exchanged life.

Transition Statement:

Explain that living a life of holiness goes hand-in-hand with the next quality of the exchanged life.

Teaching Point 2: An exchanged life is a life of service.

- Explain to students that living the exchanged life is also about living a life of service to others.
 - **Consider saying something like:** As you may have already looked at in your Small Group session, living the exchanged life is all about giving of yourself. It's about living for others. And nowhere do we see this reflected more clearly than we do in a simple act of service facilitated by Jesus.
- Instruct students to turn to John 13:1-17.
- **Then, read John 13:1-17 aloud.**
 - Explain to students that this narrative depicts events that happened on the last night Jesus had with His disciples before His arrest. By washing their feet, Jesus demonstrated an amazing act of service, one usually reserved for lowly servants.
 - Explain to students that Jesus wasn't urging the disciples to make the literal washing of other people's feet a part of their daily activities. He was trying to help them adopt a lifestyle of serving others. His washing of their feet was simply to give them a visual picture of what He was calling them to do and be.
 - **Say something like:** In Jesus' day, people's feet were pretty disgusting. Most people wore simple leather sandals. They walked around all day long in a dusty, hot environment. Their feet would have been dirty and sweaty. And in many cases, their feet would come into close contact with animal waste and other disgusting stuff. To wash someone's feet was doing an incredible act of service. But Jesus did this to make a point: If the Son of God could stoop to wash your feet, then you best make serving others pretty high on your list.

Transition Statement

Explain that left to our own choices, the vast majority of people would not choose holiness or service to others. But, that's just what we're called to embrace. And there's more . . .

Teaching Point 3: An exchanged life is a life of sacrifice.

- Explain to students that living the exchanged life means making sacrifices. Explain that you'll look at these sacrifices in a couple of different ways: sacrifices students will make for others, and sacrifices they'll make for Christ.
- Then, instruct students to turn to 1 John 3:16-18.
 - Before reading the passage aloud, explain that it depicts the idea of sacrificing for others.
- **Then, read 1 John 3:16-18 aloud.**
 - **Say something like:** When John says, "lay down our life" for our friends, he's not only talking about dying for them. He's talking about sacrificing for them. He's talking about doing for others before we do for us. He backs this up when he mentions a love that is born out of actions, not words. When we love enough to put others first, and to sacrifice our own needs to meet theirs, that's the kind of sacrifice that defines the exchanged life Jesus calls us to.
- Instruct students to turn to Luke 14:25-27.
 - Before reading the passage aloud, explain that it depicts the idea of sacrificing for Christ.
- **Then, read Luke 14:25-27 aloud.**
 - **Say something like:** Whoa! Is Jesus telling us to hate our moms and dads? It may sound like it, but that wouldn't make much sense. If Jesus were actually telling us to hate our parents, this would contradict other aspects of His character and of God's Word. This would be inconsistent with the qualities of God. So what is Jesus saying? He's using what's called "hyperbole," a statement that is intentionally over the top to make a point. Jesus is saying that nothing should come between us and our love and service to Him. To make His point, Jesus says, in essence, that our love for God should be so strong that our love for anything else, including our parents, simply can't come first. It's a bold commandment. But the exchanged life is all about this type of sacrifice.
- Instruct students to turn to 2 Corinthians 4:16-18.
 - Before reading the passage aloud, explain that even though we're called to make sacrifices, it's totally worth it to follow Christ.
- **Then, read 2 Corinthians 4:16-18 aloud.**
 - **Say something like:** When we follow Christ, we will make sacrifices. It may be friendships, it may be popularity, it might even mean saying "no" to opportunities that might not be the best thing for you (even if you want to say

“yes” very badly!). These sacrifices are part of living for God, and living the exchanged life. But the rewards are a home in heaven, with God, for eternity. This is the eternal home that Paul says he fixes his eyes on. This is the unseen and permanent hope promised to all of us. No matter what we must sacrifice to follow Christ, we’ve been given life and the promise of a bright future. What amazing gifts!

CLOSING

Option 1: *Exchange* Closing Video

- Some of you will be wrapping up your DNow or Retreat Weekend with this large group time.
- If so, arrange to show the *Exchange* closing video to your group.
 - The video does an excellent job of wrapping up the weekend.
 - It ends on an encouraging, uplifting note, but not without a bit of a challenge.
- You can let the video speak for itself, or you can choose to focus on one aspect of it and flesh it out a bit more.