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*Exchange* is an amazing resource for your DNow or Retreat Weekend. By leading your students through *Exchange*, you'll not only challenge them to know God on a deeper level, you'll equip them to do it long after your event is over.

Before jumping into this sample, make sure you check out all the amazing features that **DNowStudies** puts at your fingertips. There really is nothing else like it anywhere . . .

### **What You'll Find In This Sample**

- A Sample of a Small Group Lesson Plan
- A Sample of the Student Book
- A short version of the *Exchange* Overviews

Of course each of these components, and dozens more, are available to your teachers through their Online Lesson Manager. But this PDF will simply give you an idea of the main content of *Exchange*.

- If you have questions email us at [dnow@leadertreks.com](mailto:dnow@leadertreks.com)
- Or, give us a call at 1-877-502-0699

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## ***Exchange: Gaining Through Giving Up***

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In every exchange, something must be given up in order for something to be gained. At the heart of the Gospel there is a *single, powerful exchange* that occurred when a flawless Savior took the flaws of humanity to the cross, exchanging His life for ours. But this one exchange actually empowers *countless exchanges* in the lives of those who will believe and follow . . .

*Death for Life. Self for Christ. Hate for Love. Comfort for Calling.*

*Exchange* will help your students to see the Gospel and its impact on their lives through the lens of these exchanges. They'll understand how much they stand to gain by simply giving up.

**Teach *Exchange* and challenge your students to radically embrace the power of the "exchanged life."**

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### **Small Group Outlines**

#### **Small Group Session 1: Exchanging Death for Life**

- **Session Purpose:** To help students grasp the death-to-life transformation Christ made possible, and to challenge them to respond to it based on where they are in their spiritual lives.
- **Main Scripture:** Romans 6:23, 1 Corinthians 15:20-22
- **Supplemental Scripture:** John 11:25, 2 Corinthians 5:17, John 10:10

#### **Small Group Session 2: Exchanging Self for Christ**

- **Session Purpose:** To show students that following Christ means exchanging their ownership of their lives for Christ's ownership of their lives, and how this exchange looks in their lives.
- **Main Scripture:** Matthew 16:24-25
- **Supplemental Scripture:** Galatians 2:20, Philippians 1:21, Philippians 3:7

#### **Small Group Session 3: Exchanging Hate for Love**

- **Session Purpose:** To help students understand how they are defined as Christ-followers by the exchange of hatred toward others for love for all people, and to identify some practical ways this fleshes out in their lives.
- **Main Scripture:** Romans 1:18-32
- **Supplemental Scripture:** 1 John 4:9-12, John 13:34-35, Luke 6:27-31

#### **Small Group Session 4: Exchanging Comfort for Calling**

- **Session Purpose:** To end the small group sessions with a challenge to students to boldly live out the exchanging of their comfort for God's call to be on mission, both today and in the future.
- **Main Scripture:** Matthew 28:16-20
- **Supplemental Scripture:** Acts 1:8, 1 Corinthians 9:19-23, Romans 1:16, Romans 10:14-15

## **Large Group Outlines**

### **Large Group Session 1: The Great Exchange**

- **Purpose:** To offer a thematic introduction of the overall concept of Exchange, including a preview of what will be covered in small groups.

### **Large Group Session 2: God's Rescue Plan**

- **Purpose:** To drive home the point that this concept of exchange is all about God's desire to see His children rescued from the results of sin, both in the lives of individuals, and in the world.

### **Large Group Session 3: Living The "Exchanged Life"**

- **Purpose:** To highlight what the Bible says about what an "exchanged life" looks like and how this impacts their day-to-day lives.

### **Large Group Session 4: The Ultimate Exchange**

- **Purpose:** To wrap up *Exchange* with a hopeful look at the future God has promised where the brokenness of this world is once-and-for-all exchanged for the perfect beauty of a restored Creation.

## **Student Devotions (Located in the *Exchange* Student Book)**

- Matthew 9:1-12
- John 4:1-41
- Acts 9:1-22
- Acts 8:26-40

# EXCHANGE

Gaining Through Giving Up

## LESSON 1: SMALL GROUP LEADERS GUIDE

### LESSON OVERVIEW

*The Lesson Overview is a glance at some of the Big Picture details of each session.*

**SESSION TITLE:**

Exchanging Death for Life

**SESSION PURPOSE:**

To help students grasp the death-to-life transformation Christ made possible, and to challenge them to respond to it based on where they are in their spiritual lives.

**MAIN SCRIPTURE:**

Romans 6:23, 1 Corinthians 15:20-22

**SUPPLEMENTAL SCRIPTURE:**

John 11:25-26, 2 Corinthians 5:17, John 10:10

**SESSION SNAPSHOT:**

The exchange from death to life is at the heart of the Gospel. Your students will have a chance to see exactly why this exchange is necessary, what has to happen to see the exchange made in their lives, and how they should approach this exchange. Maybe some of your students will be led to enter into a saving relationship with Christ. Many of your students will be challenged to examine their lives and how effectively they're embracing the "life" Christ made possible for them.

# BIBLE BACKGROUND

The Bible Background is a focused, brief overview of some of the background info for the main passage you will be teaching.



## TEACHER PREP VIDEO

Each *DNOW Online* Small Group Leader's Guide comes with a *Teacher Prep Video*. These are simply short videos designed to help you grasp the main point of the lesson as you prepare to teach.

To access your *Exchange Lesson One Teacher Prep Video*, log in to your account, navigate to Small Group Lesson 1, and click on the "Background" tab in your Lesson Manager. You'll notice the Teacher Prep Video at the top of the Lesson Manager window.



## THE DETAILS

### Who wrote these Books?

The Apostle Paul wrote both Romans and 1 and 2 Corinthians. Both Books were written as letters, though to different audiences. Romans was written to all the Christ-followers in Rome, whereas 1 and 2 Corinthians was written to a specific group of Christ-followers: the church in Corinth.

The Gospel of John was written by John the Apostle. John was one of Jesus' disciples and was referred to as "the beloved disciple." John was probably only a teenager when he spent three years as Jesus' disciple. He ended up authoring 1, 2, and 3 John and Revelation.

### When were the Books written?

Romans was probably written somewhere close to A.D. 60, most likely A.D. 57, from the city of Corinth. Most scholars believe Paul wrote 1 Corinthians from the city of Ephesus sometime between A.D. 53-55, and that he wrote 2 Corinthians from Macedonia around a year later.

Scholars are much less certain about when John would have written his Gospel. It was likely sometime between A.D. 70, when the Temple was destroyed, and A.D. 100 when John is believed to have died.

### What was the purpose for their writing?

Paul wrote Romans to address the issues that would no doubt come up in a body of believers that was made up of both Jews and Gentiles. Paul addressed big-picture issues such as whether or not the Law could save a person, what the implications of God making salvation available to the Gentiles was for the Jews, and how Christ-followers were to handle such delicate issues as observing Jewish dietary restrictions based in the Law.

Both 1 and 2 Corinthians were written to more or less correct some harmful developments in the Corinthian church, and to try to bring unity to this body of believers. Corinth was known as one of the most immoral cities in Rome, which was saying a lot. Paul felt it necessary to write multiple letters to the church in Corinth to address issues such as elitism, rampant sexual immorality, and theological misunderstandings.

John had one purpose in mind: that his readers would know Jesus Christ as Messiah. John's message was evangelical at its core. He was chiefly concerned with both Jews and Gentiles knowing Jesus' true identity and knowing it in such a way that they came to a rich faith in Him.



## THE MAIN POINT

Each of the *Exchange* lessons follows a similar flow:

- You'll use one passage to more-or-less set up the issue, or the problem. You'll make the case for why we're in need of an "exchange."
- You'll use a second group of verses to show what the exchange looks like from a biblical viewpoint.
- You'll use a third group of verses to help students see how this "exchange" impacts their lives.

Below you'll find a brief summary of how the passages of Scripture you'll be studying address these first two elements.

## BIBLE BACKGROUND (CONTINUED)

### **Why Do We Need This Exchange?**

Romans 6:23 couldn't put it any clearer. Sin earns for us death. In other words, the right response to our sin against God is to lose our life. This flows from the fact that God is, A) the giver of all life. We wouldn't have life if it weren't for God giving it to us. If sin equals rebellion against the Life-giver, then removal of life is the only fitting option; and B) so holy that He can't tolerate our sin. He is perfect in His righteousness and His justice. As such, death is the only punishment for sin that is right.

### **What Does This Exchange Look Like?**

1 Corinthians 15:20-22 does an excellent job of painting a picture of how Christ made the exchange of death for life Himself, thus making it possible to purchase it for us on our behalf.

John 11:25-26 points to the results of the exchange of death for life: eternal life for all who come to Christ through faith.



### **THE TAKEAWAY**

#### **How Does This Change Impact Us?**

2 Corinthians 5:17 is a beautiful summation of what life post-exchange looks like. When we exchange death for life, we aren't new and improved. The old "us" dies. In its place is a completely new person whose identity is wrapped up in Christ.

John 10:10 describes the implications of this new life. Not only does the exchange of death for life provide for us eternal life in heaven, but it empowers a vibrant, dynamic faith-life here on this earth.

# GETTING STARTED

*Getting Started is a fun, interactive way of kicking off your small group time by introducing the lesson's general focus.*



## STUDENT BOOK PAGES

- This session will utilize pages 5-9 in the Exchange Student Book.
- This activity will use pages 5 and 6.
  - To access the Leader's version of the Student Book, see the download section of your Exchange Session 1 web page.



## ADDITIONAL INSTRUCTIONS

- As this is the first Small Group session, you'll want to make sure you communicate any specific instructions, announcements, or details to your students.
  - If you're staying in a host-home, make sure your students know the "house rules."
  - Pass along any other "need to know" info about the weekend.
- Also, make sure all the students know each other and know you.
  - If you choose, carve out some time to introduce yourself. If you have students from different schools or maybe friends of students who aren't members of the youth group, make sure there's a chance for students to introduce themselves as well.
  - If you can make a game out of this, or at least add a creative element, it will probably go over better!
- Make sure students have Student Books, a Bible, and something to write with.
  - You may want to make sure you have a couple of extra Bibles in case a student forgets his or hers.

**FIRST**, read or have a student read the Session 1 introduction on page 5. Add any of your own thoughts to this introduction, such as how you hope to be changed and see students changed through engaging with this concept.

**THEN**, explain to students that you, or one of their friends, will read a short narrative about a pretty cool turn of events that led to an amazing story. Using the narrative below, read or have a student read the story of Kyle MacDonald:

**Kyle MacDonald is an interesting guy. In July of 2005, Kyle kicked off a plan that would result in an amazing experience. It started when Kyle took a picture of a red paperclip he had on his desk. He posted the picture on his blog and on Craigslist with the following message:**

***"This red paperclip is currently sitting on my desk next to my computer.  
I want to trade this paperclip with you for something bigger or better,  
maybe a pen, a spoon, or perhaps a boot."***

**Funny, right? But would it work? Well, it worked about as well as Kyle could have ever dreamed. Within a year, Kyle had used social media and word of mouth to trade all the way up to a house!**

**The first trade was the red paper clip for a fish-shaped pen. He then traded the pen for a hand-sculpted doorknob, the doorknob for a camp stove, and so on, until in July of 2006, he traded a role in an upcoming movie for a two-story house in Canada. (What do you think is crazier? Trading up for the house, or that he was able to get a role in a movie!)**

**Kyle's story became a pop-culture legend. His blog [oneredpaperclip.com](http://oneredpaperclip.com) has almost 10,000,000 hits since it launched. And the book he wrote about his year of trading has been translated into 14 different languages! When asked why people have made such a fuss over Kyle and his story, he responds, "I have no idea."**

**NEXT**, when the narrative has been read, lead your students in a short discussion. They can follow along using the questions found on page 6. You can find the questions on the "Student Book Answers Session 1" PDF located in the download section of your Exchange Session 1 web page.

## GETTING STARTED (CONTINUED)

**FINALLY**, once you've finished the discussion, explain to your students that this is the first Small Group session of *Exchange*. Explain that you're going to be spending these times examining a few of the exchanges that occur in the life of those who follow Christ. Say:

- **The exchanges we're going to be looking at are possible in the lives of all Christ-followers. They have been made possible by Christ's work on the cross, and are empowered by the Holy Spirit. But the challenge for each of us is to first, understand these exchanges, why we must embrace them, and how they should impact our lives. We'll do that, together, over the next three Small Group sessions. Let's get started.**

Note: Kyle MacDonald's story sourced from Wikipedia.com ([http://en.wikipedia.org/wiki/Kyle\\_MacDonald](http://en.wikipedia.org/wiki/Kyle_MacDonald)) and MacDonald's own site ([oneredpaperclip.com](http://oneredpaperclip.com)).

## DIGGING IN

*Digging In* is the part of the lesson where you'll settle down and dig through Scripture.



### STUDENT BOOK PAGES

- This activity will utilize pages 7 and 8 in the *Exchange Student Book*.



### ADDITIONAL INSTRUCTIONS

- None

**FIRST**, if you're doing Small Group session 1 after your students have attended Large Group session 1, ask your students what they took away from the gathering. Consider asking what main points stood out to them. Then, give them an idea of how you're going to be learning about this session's exchange.

Explain that the way you'll be studying Scripture in this session will be the way you study it in each session. You'll be looking at a handful of verses with the goal of examining:

- How the Bible sets up the need for the specific exchange covered
- What the Bible says about Christ's roll in setting the exchange in motion
- How our lives are impacted by this exchange

**THEN**, direct students' attention to page 7 and 8 of their Student Books. Explain that this session is all about the exchange of death for life. Admit to students that the idea of death isn't exactly one that is super-positive. But, it's important for your time together that students spend some time thinking about death and its ramifications.

**NEXT**, instruct students to locate the box under the word "death" on page 7. Instruct them to take 60 seconds and do a "word association" for the word death. Say:

- **Write down anything that comes to mind when you see that word, "death." It can be emotions, song titles, memories, places, random words, and so on. Anything that comes to mind. When you're finished, you'll get the chance to share yours and maybe talk about some of them.**

Allow students a minute to record their words. When they've finished, allow different students to take turns sharing some or all of their words. Ask if anyone else put down similar words. As students share, if there are some particularly funny, touching, or even curious responses, allow students a chance to explain the meaning behind them, or what made them come up with those concepts.

Transition into your Bible study by saying something similar to the following:

- **The idea of death evokes a lot of responses. And much of what you listed are the same reactions many people have. But there is one particular aspect of death we want to focus on in this lesson. It's found in Romans 6:23. Let's take a look.**

**THEN**, instruct students to find Romans 6:23 in their Bibles. Explain that Romans was a letter written by the Apostle Paul late in his ministry to Christians scattered all throughout Rome. Remind them that Romans is Paul's most theologically rich letter and contains a wealth of truth about following Christ. Once students have found the passage, read or have a student read Romans 6:23. When they've finished, lead students in a discussion using the questions on page 7. (You can find the questions and answers on the "Student Book Answers Session 1" PDF located in the download section of your *Exchange* Session 1 web page.) Ask:

- **Rephrase the first part of this verse in your own words. What does the "wages of sin" mean?**
  - o Answer: It means that sin earns us death. The result of our sin is death.
- **Let's be clear: God is the one who set this in motion. God is the one who demands that sin is paid for with a life. Why is death the right result of sin? Why didn't Paul say, "The wages of sin is punishment?"**
  - o Answer: Death is the right punishment for sin because a) God is the giver of life (Genesis 1:26-27) and b) sin is rebellion against God (Psalm 51:4). God is perfectly holy, perfectly good (1 John 1:5). Because of this, God literally can't tolerate evil and sin and demands the life of sinners (Psalm 37:38).
- **What kind of death are we talking about here? If you sin, do you drop dead? What does Paul mean?**
  - o Answer: Sin can and does lead to physical death. But Paul is referring to a spiritual death as well. The death Paul is talking about is the ultimate death those apart from Christ experience. It's the death of spending eternity separated from God.

Explain to students that the second part of this verse hints at the exchange you're about to look at. But before you do, instruct students to hang out on this concept of death a little while longer. Instruct them to find 1 Corinthians 15:20-22. While they're looking, explain to them that this is another letter written by Paul, this time to the church in Corinth. When they have located the passage, read or have a student read 1 Corinthians 15:20-22. When they have finished, continue the discussion using the questions at the bottom of page 7. Ask:

- **OK, there is some potentially confusing language here. What do you think the phrase "fallen asleep" refers to? What about "firstfruits"?**
  - o Answer: "Fallen asleep" is another way of saying that someone is "dead." So, when Paul talks about Jesus "falling asleep," he is talking about Jesus' death on the cross. The phrase "firstfruits" is a way of talking about the first and best of a certain type of harvest. So, the firstfruits of an apple harvest would be the first and best apples to grow on a tree.
- **Put these two words together. What does it mean that Jesus is the firstfruits among those who have fallen asleep?**
  - o Answer: Jesus died like untold people before Him had died. But He was the first to rise from the dead as He did.
- **Look at verse 23. Paul said that in Adam, all people die. What does Paul mean?**
  - o Answer: Adam and Eve brought sin into the world when they disobeyed God. Their sin earned them death. So, in essence, death and sin came to all people through Adam.
- **We're getting ready to see this exchange full force. What does Paul say is the biggest difference between Adam and Jesus?**
  - o Answer: Death came through Adam, but life came through Jesus.

**NEXT**, explain to students that Christ overcame the power of sin and death when he arose from the dead. Jesus made it possible for us to make the exchange of death for life. Explain to them that you're going to look at a passage that shows exactly how Jesus made this possible.

Direct students' attention to the top of page 8 under the word "life." Explain to them that these verses are from the Gospel of John, John 11:25-26 to be exact. Remind students that John is one of the four Gospels and was written by John the Apostle, one of Jesus' disciples. Then, say:

- **These verses demonstrate, in Jesus' own words, how Jesus makes possible the amazing exchange of death from sin to life in Christ. Take a moment and read these verses. Then, underline any reference to death and circle and reference to life.**

Allow students a moment to do this. When they have finished, engage them in a brief discussion, leading them through the questions under the verses on page 8. Ask:

- **Summarize what these verses say about Jesus' overall role in the exchange from death to life.**
  - o Answer: Make sure students land on something similar to the following: Jesus is the means by which the exchange happens. He is the "life." And this exchange is made possible through belief.

- **How does someone enter in to this exchange? In other words, how can a person accept Jesus' offering of life for death?**
  - Answer: Believing that Jesus is who He is and that His death on the cross can accomplish what He said it could accomplish.

**THEN**, look at the last section on page 8 under the heading, "How does this exchange impact me?" Read or have a student read the two passages listed on the page, working through the questions as a group. After reading 2 Corinthians 5:17, ask:

- **You're "in Christ" if you've believed in Him and accepted the death for life exchange He offers. What does it mean to you that you've become a "new creation"?**
  - Answers will vary.
- **What does Paul say happened to the "old" you?**
  - Answer: It died. You didn't become an improved version of you when you came to a saving faith in Christ. You became something entirely new!
- **In what areas of your life do you most vividly see evidence of the "new you"?**
  - Answers will vary.

After reading John 10:10, ask:

- **What did Jesus say here was His purpose for coming to this earth?**
  - Answer: So that His children would have life. So that He could save His people from death.
- **How does Jesus describe this life?**
  - Answer: He says it's to be lived to the full! Life abundantly!
- **How has knowing Jesus made life fuller for you? If you can't answer this, what's keeping you from experiencing this full, rich life Jesus promised?**
  - Answer: Jesus exchanged a dull, hopeless life for one that is vibrant and joy-filled. Jesus is talking about this life, not just about Heaven. He makes possible a life full of purpose, fulfillment, community, and rich experiences. He doesn't say we won't be touched by tragedy or that we won't have bad days. He simply states that the life He offers is full and rich.

**FINALLY**, wrap up your look at this first exchange. Make sure you allow time for students to ask any questions or to share any thoughts they have. Once you feel like your ready to move on, close the first session by instructing your students to turn to page 9.

## WRAPPING UP

*Wrapping Up is where you'll be focusing on giving students some practical "takeaways" to apply in their lives.*



### STUDENT BOOK PAGES

- This activity will utilize page 9 in the Exchange Student Book.



### ADDITIONAL INSTRUCTIONS

- None

**FIRST**, explain to your students that ultimately, any response they could make to this exchange falls into two categories. Direct their attention to page 9 in their Student Book. Explain that the graphic in Part 1 is a visual depiction of the exchange of death for life. If you want, have students explain the exchange using the diagram as a guide.

**THEN**, explain that each and every one of us are somewhere on this diagram:

- Some people are apart from God, still stuck in the death of our sin.
- Others are somewhere on the spectrum of the exchange. They've felt God calling them to a relationship but have yet to respond in faith.
- Still others have accepted Christ's sacrifice on their behalf through faith and are living the new life only Christ can give.

Have students take a moment and think about where they are on this spectrum. Instruct them to circle whichever part of the diagram best fits where they are. You'll need to be prepared to respond appropriately to students who find themselves on

the left side of the diagram. Or for students in various stages of accepting this exchange. For many of you, your students will find themselves on the far right side of the diagram. If you choose, have these students share the circumstances surrounding when they made this exchange.

**NEXT**, instruct students to look at Part 2. Remind students that in John 10:10, Jesus said He came to give them abundant, or full life. Explain that too often we make our salvation about life after this one. Explain that though this is important, Jesus died so that we can live a full life here and now. Ask:

- **What do you think it means that Jesus has given you abundant, or full life?**

- o *Answer:* Help students see that this isn't talking about having a lot of fun playing Xbox, or adventure sports, or anything like that. Help students see that this is all about living out their God-given passions and giftings in ways that glorify God and bring the Gospel to the world.

**THEN**, once you've fleshed out the meaning of this concept, instruct students to look at the circle at the bottom of the page. Consider saying something like:

- **Pretend that it represents your life. Look at the lines dividing up the circle into four parts. If you were to color in sections of this circle to represent how "full" your life is right now, what would it look like? Would you say you're living a life that's about 50% as full and awesome as it could be? 75%? 100%?**

Instruct students to color in the circle to represent how they think they are doing at living a faith-life that is vibrant, full, and dynamic. When they have finished, allow them to share their responses. Engage students in a discussion about why they are where they are. Ask what keeps them from making more of an impact with the life they've been given. Ask if they've ever really thought about their life in these terms. Challenge them to embrace this new way of looking at their lives and to see the amazing life they've been given as something to be valued and utilized.

**FINALLY**, ask students if they have any questions or additional comments. Inform students of the devotions located on pages 35-41 in their *Exchange Student Books*. Provide them with a schedule or some structure as to when you would like for them to work through them.

- The first devotion is on page 35.

# EXCHANGE

Gaining Through Giving Up

THIS BOOK BELONGS TO:

DATE:



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# CONTENTS



Your First <i>Exchange</i>	1
Session 1 Intro	2
Large Group Session 1 Notes	3
Small Group Session 1 Intro	5
Session 1 <i>Getting Started</i>	6
Session 1 <i>Digging In</i>	7
Session 1 <i>Wrapping Up</i>	9
Session 2 Intro	10
Large Group Session 2 Notes	11
Small Group Session 2 Intro	13
Session 2 <i>Getting Started</i>	14
Session 2 <i>Digging In</i>	15
Session 2 <i>Wrapping Up</i>	17
Session 3 Intro	18
Large Group Session 3 Notes	19
Small Group Session 3 Intro	21
Session 3 <i>Getting Started</i>	22
Session 3 <i>Digging In</i>	23
Session 3 <i>Wrapping Up</i>	25
Session 4 Intro	26
Large Group Session 4 Notes	27
Small Group Session 4 Intro	29
Session 4 <i>Getting Started</i>	30
Session 4 <i>Digging In</i>	31
Session 4 <i>Wrapping Up</i>	33
<i>Exchange Closing</i>	34
Devotion 1	35
Devotion 2	37
Devotion 3	39
Devotion 4	41

# YOUR FIRST EXCHANGE

Though it may seem a little unfamiliar right now, over the course of the next few days, you'll be immersed in the concept of *exchange*. The funny thing is that whether you realize it or not, you're poised to make your first exchange right now. *You have the chance to exchange low expectations for high ones.* You have the opportunity to exchange a life standing still for a life moving forward. But it's up to you. Here are a few things to think about:

## **HAVE YOU PREPARED FOR THIS EXCHANGE?**

Ask yourself: Am I open to learn more about the "exchanged life"? Am I willing to be changed? If you can't answer yes to these questions, this exchange might not be all it could be. If you need to, take a moment and silently talk to God in prayer. Ask Him to give you a heart that is open to His leading.

## **THIS BOOK WILL GUIDE YOUR EXCHANGE**

This book is the key to discovering the exchanges you've made and will be making. It will help guide your experiences. Hold on to it. Write your name and the date in the front. If this journey turns out to be as meaningful as it could be, you'll want to look back and remember this time in your life.

## **MAKE AN IMPACT. BE IMPACTED.**

As you start to discover more about the "exchanged life," keep your heart open for those moments where God reveals things to you. Also, don't miss the chance you have to impact your friends, and be impacted by them. God speaks through you and them, you know.

**GET READY TO GROW. GET READY TO BE CHALLENGED. GET READY TO EMBRACE A LIFE OF EXCHANGE.**

# EXCHANGE

## SESSION 1 INTRO

**What does it mean to exchange?** To exchange is to swap “this” for “that.” Exchanging is about trading up. It’s about a better fit. A better option. A better experience.

When you make an exchange, very rarely do you give away something valuable for something worthless. You wouldn’t willingly give up something you desired for something you didn’t, right?

*“I tell you what . . . you give me your old cheerleading socks and I’ll give you my new iPhone.”*

It doesn’t work that way, does it?

But here’s the interesting thing. Jesus made an exchange that would fall into this category. Jesus exchanged Heaven for earth. He exchanged worship for ridicule. Why? So He could make the ultimate exchange.

Jesus, perfect, sinless Jesus, willingly exchanged His spot-free life for your soiled, sinful one. He exchanged His innocence for your guilt. And in doing so, He made possible the greatest exchange of all . . .

## DEATH FOR LIFE.

Jesus made possible an exchange that, once embraced and accepted, leads to dozens more exchanges in the lives of His followers. This study is about this **one, big exchange**, and several of the **other exchanges** that are made possible as a result.

You’re about to discover that these exchanges are the filters to viewing the amazing life Jesus has made possible for you. Are you ready?

**BECAUSE YOU MIGHT NOT EVER THINK ABOUT YOUR RELATIONSHIP WITH CHRIST, OR YOUR OWN LIFE, THE SAME AGAIN . . .**



# LARGE GROUP NOTES SESSION 1

## The Great Exchange

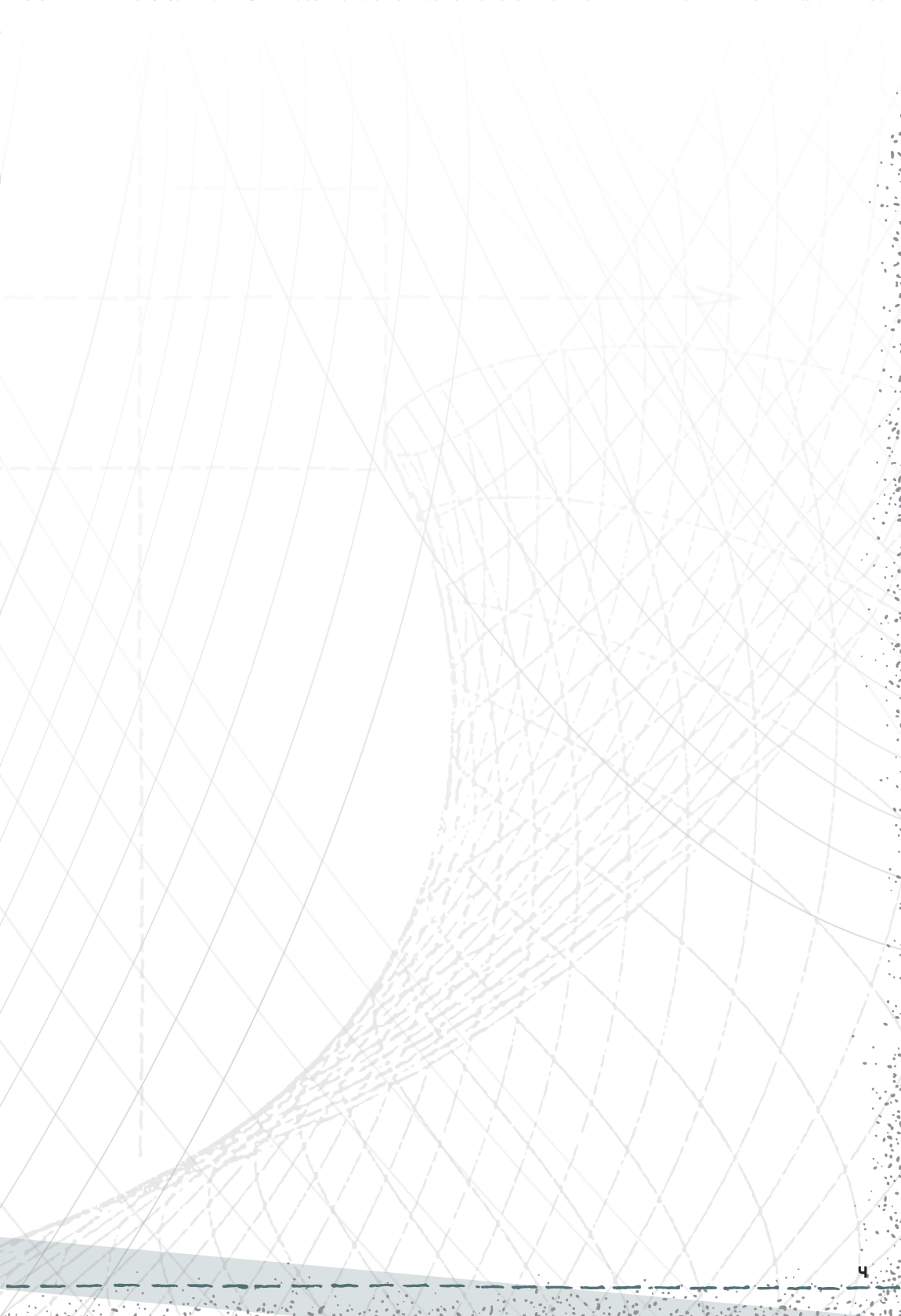
These two pages are designed for you to take notes on during Large Group Sessions. The stuff you're learning will really build on itself over the next few sessions. So even if you're not much of a note taker, you might want to at least jot down what you think is important.

Try writing down:

- Any specific teaching points
- Verse references for Scripture passages
- Quotes that make you think
- Anything you have a question about

**The *Exchange Student Book* comes with space to take notes for each Large Group Session.**

**These pages are intentionally left blank.**



# **SMALL GROUP** SESSION 1 INTRO

## **SO, YOU'VE RECENTLY BEEN INTRODUCED TO AN OVERVIEW OF THIS CONCEPT OF "EXCHANGE."**

Over the next few Small Group sessions, you're going to be looking at some examples of powerful exchanges Jesus has made possible in your life.

These are exchanges that appear over and over again in the Bible. And they are exchanges that can serve as pathways for you to live a life that has a true impact on the world around you for the sake of Christ.

In this first exchange, you'll actually dig a little deeper into this idea of exchanging death for life. It's a powerful exchange that has a ton of meaningful, relevant implications for your life.

**GET READY TO LEARN HOW THIS EXCHANGE SETS THE STAGE FOR THE MANY EXCHANGES THAT FOLLOW . . .**

# SESSION 1: GETTING STARTED

Listen to the story about Kyle MacDonald and what he was able to do with a simple red paper clip. Then, have a short discussion with your group using the questions below.



## QUESTIONS:

What do you think? Why is this story so amazing? Why would people find it so interesting?

One of the weirdest exchanges MacDonald made was a snowmobile for a trip for two to Yahk, British Colombia. The trip was then exchanged for a delivery truck. Would you exchange your vacation for a snowmobile? Why or why not?

You probably don't have a delivery truck. But would you trade your car or truck for a trip to a place named Yahk? Why or why not?

Think of the last thing you exchanged for something. What was it and why did you do it?

Has anyone ever asked you to exchange something with them? What did you do? How did it work out?

# SESSION 1<sup>st</sup> DIGGING IN

Work with your leader and your friends to dig-in to God's Word. The goal? See if you can wrap your brain around the exchange of death for life.

## DEATH

### WHY DO WE NEED THIS EXCHANGE? READ ROMANS 6:23.

Answer these questions with your group:

1. Rephrase the first part of this verse in your own words. What does the phrase "wages of sin" mean?
2. Why is death the right result of sin? Why didn't Paul say, "The wages of sin is punishment"?
3. What kind of death are we talking about here? If you sin, do you drop dead? What does Paul mean?

### WHAT DOES THIS EXCHANGE LOOK LIKE? READ 1 CORINTHIANS 15:20.

Answer these questions with your group:

1. What do you think the phrase "fallen asleep" refers to? What about "firstfruits"?
2. Put these two words together. What does it mean that Jesus is the firstfruits among those who have fallen asleep?
3. Look at verse 22. Paul said that through Adam, all people die. What does Paul mean?
4. We're getting ready to see this exchange full force. What does Paul say is the biggest difference between Adam and Jesus?



**JESUS SAID TO HER, "I AM THE RESURRECTION AND THE LIFE. HE WHO BELIEVES IN ME WILL LIVE, EVEN THOUGH HE DIES; 26 AND WHOEVER LIVES AND BELIEVES IN ME WILL NEVER DIE. DO YOU BELIEVE THIS?"—JOHN 11:25-26**

**ANSWER THESE:**

1. Summarize what these verses say about Jesus' overall role in the exchange from death to life.
2. How can a person accept Jesus' offering of life for death?

>>>>>>>>> **HOW DOES THIS EXCHANGE IMPACT ME?** <<<<<<<<<<

**READ 2 CORINTHIANS 5:17.** THEN, ANSWER THE FOLLOWING QUESTIONS:

1. You're "in Christ" if you've believed in Him and accepted the life-for-death exchange He offers. What does it mean to you that you've become a "new creation"?
2. What does Paul say happened to the "old" you?
3. In what areas of your life do you most vividly see evidence of the "new you"?

**READ JOHN 10:10.** THEN, ANSWER THE FOLLOWING QUESTIONS:

1. What did Jesus say here was His purpose for coming to this earth?
2. How does Jesus describe this life?
3. How has knowing Jesus made life fuller for you? If you can't answer this, what's keeping you from experiencing this full, rich life Jesus promised?

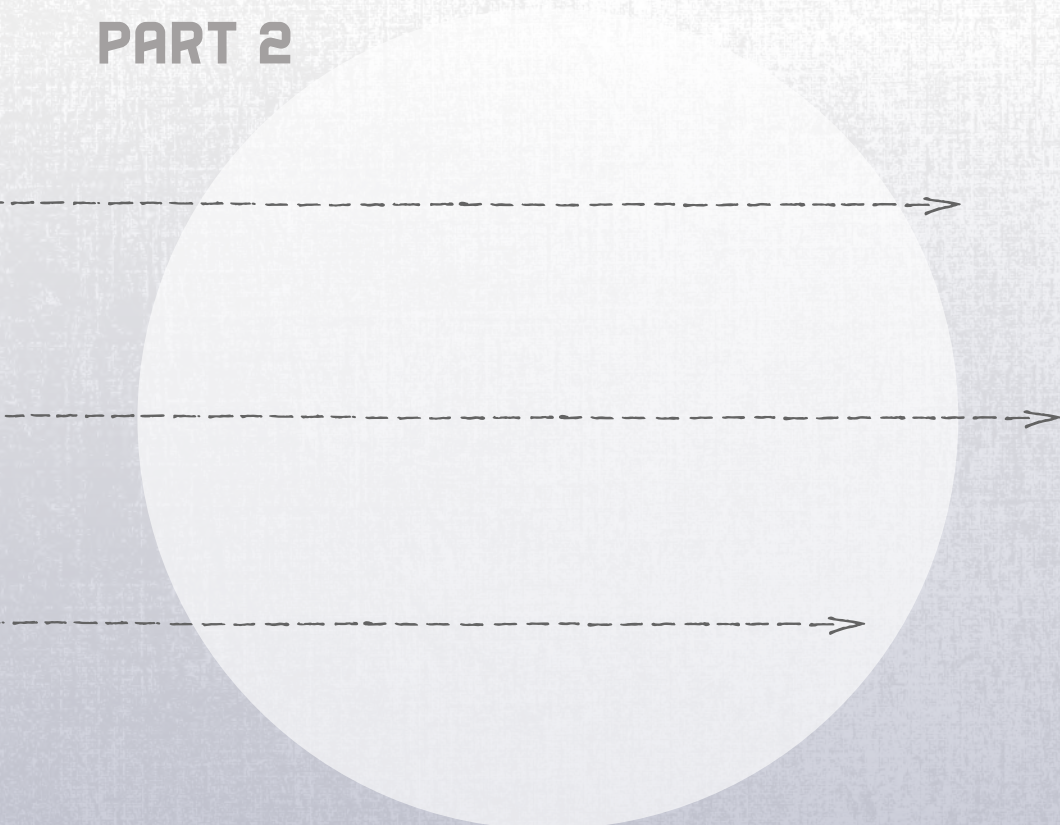
# SESSION 1: WRAPPING UP

Follow along with your leader as you work through this page.

## PART 1



## PART 2



# A FULL LIFE?