

EXCHANGE

Gaining Through Giving Up

THIS BOOK BELONGS TO:

DATE:



Exchange: Gaining Through Giving Up

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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

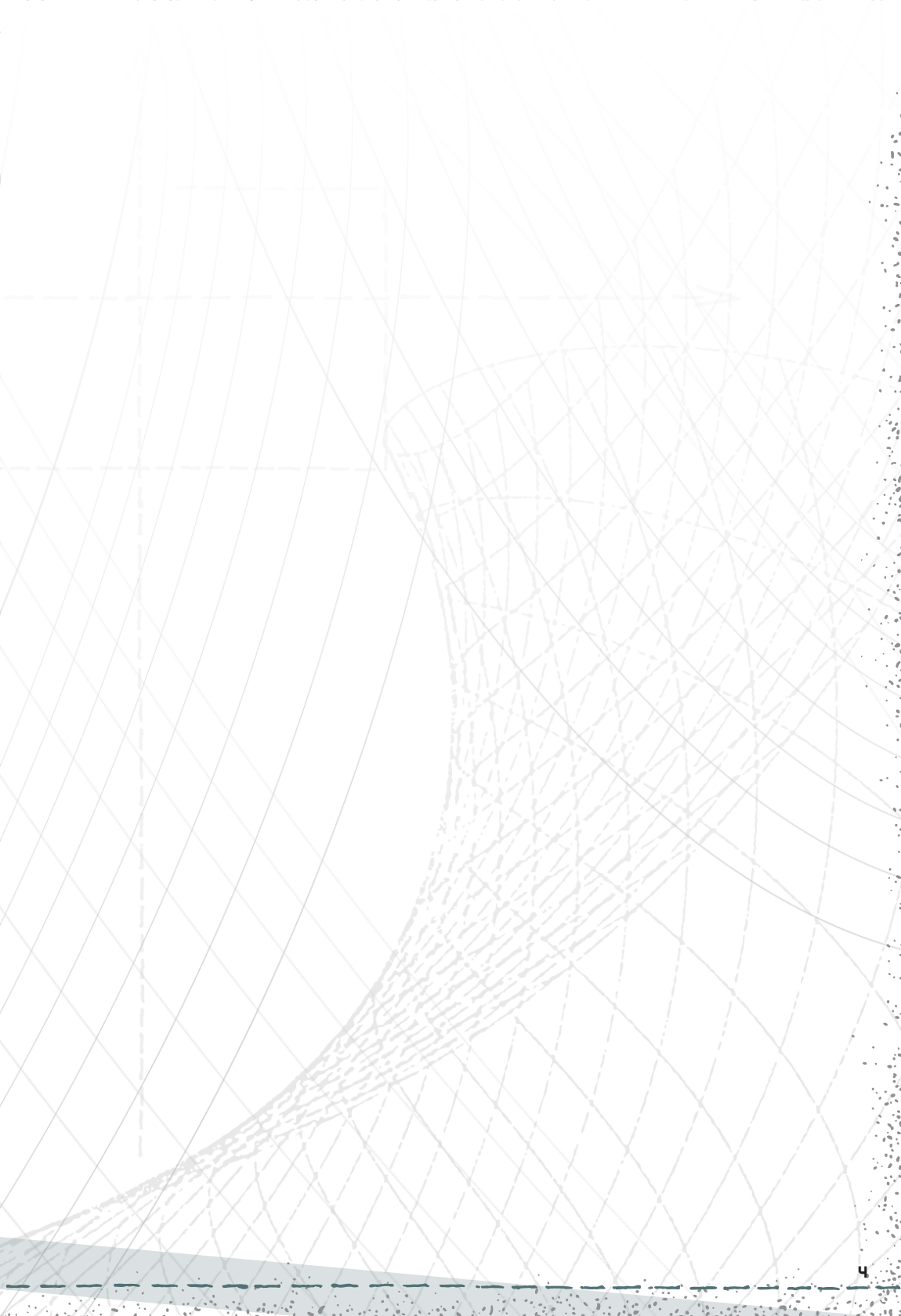
These two pages are designed for you to take notes on during Large Group Sessions. The stuff you're learning will really build on itself over the next few sessions. So even if you're not much of a note taker, you might want to at least jot down what you think is important.

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 1st 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?

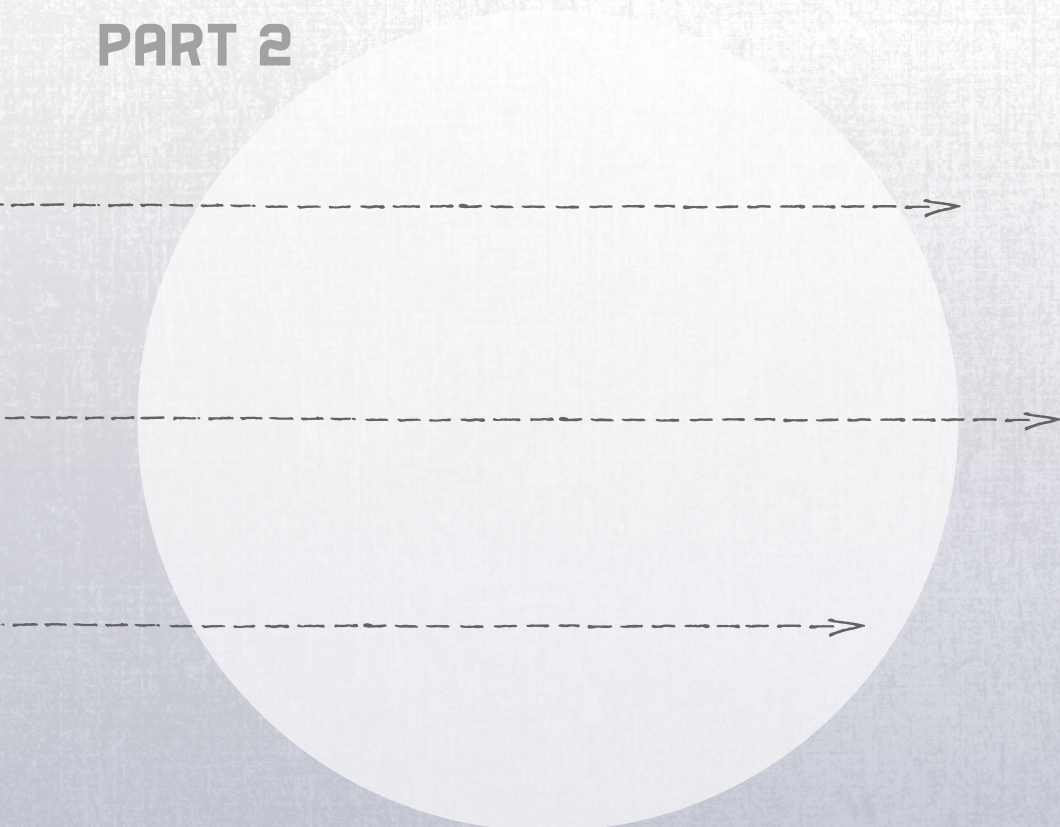
SESSION 1: WRAPPING UP

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

PART 1



PART 2



A FULL LIFE?