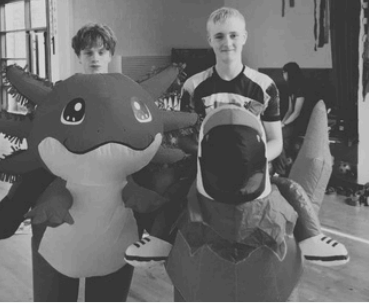




challenge accepted.

Exodus Teams 2026

Prayer Booklet



#changeispossible



The journey so far... The journey so far... The journey so far...

Look *around*... and it's easy to see chaos
Look *ahead*... and it's easy to feel fearful
or overwhelmed.

And yet Jesus said **“Keep company with me
and you'll learn to live freely and lightly.”**
Matt 11:30 (MSG)

For many, His invitation can sound too good to
be true. So the question facing us is,

*Is His offer of living “freely and lightly” possible
in a chaotic world? Or put more simply, Is Jesus
worth the risk?*

**And so we pray this summer for each team
member:**

That they will learn to **keep company with him**
That they will get a **glimpse of true life** - full
of purpose and peace and selfless living.
That they will hear Jesus' radical invitation
and say,

“Challenge Accepted”

to the *risk* of wholehearted following.

Thank you for your ongoing prayer and support.

Jose Cummings
UK & Ireland Director

1. October

Get set... go!

Looking ahead and
welcoming new leaders.

2. November

Team theme launch

We launched
'Challenge Accepted'
at two events with
team challenges,
food trucks and fun
for all!

3. February

Team meetings begin

57 small groups meet
for the first time.

4. March

First fundraisers!

Teams start to
fundraise; hosting
coffee mornings,
quizzes, a pantomime
and more!

5. May

Summer is coming

Booking flights
and finalising
placement plans.

6. June

**Commissioning
Service!**

Celebrating and
looking forward
to the summer
together.

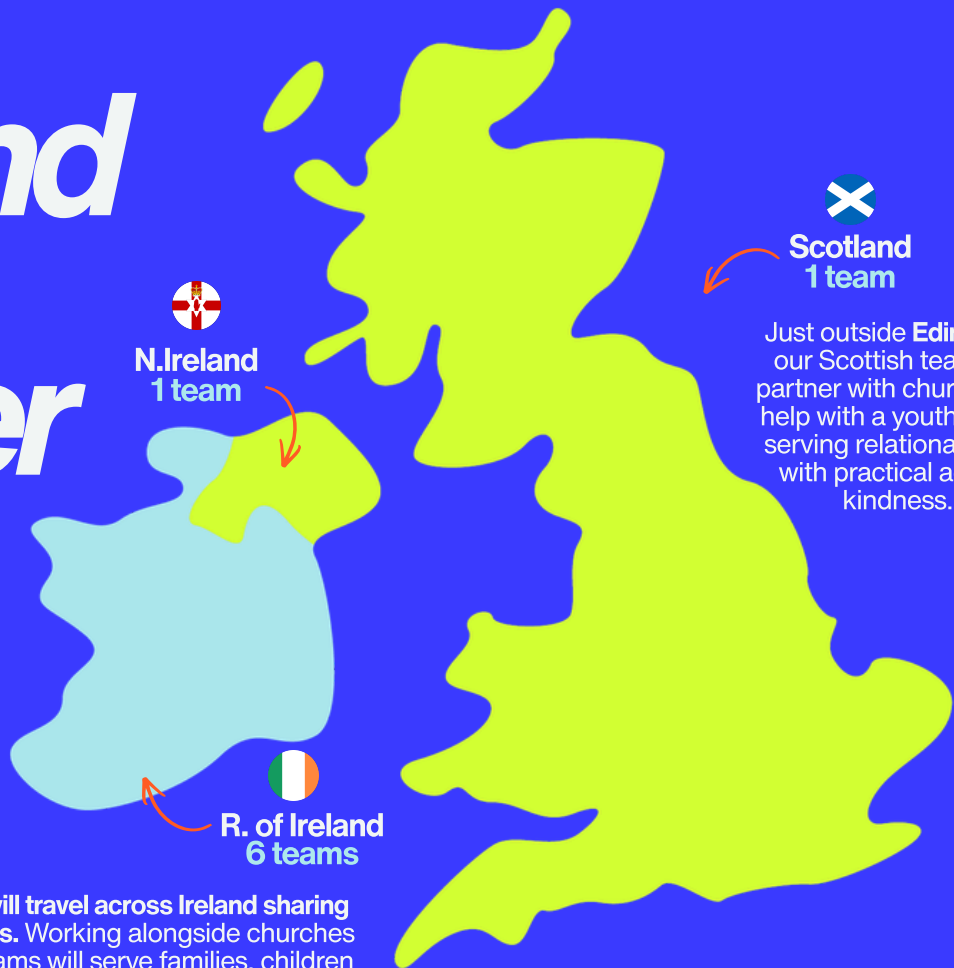
7. July

Setting sail

School exams are
over and it's time
for placement!

Where you'll find us this summer

Exodus is sending teams to amazing hosts in 12 countries this summer! Have a look at some of the things we'll get up to while we're away!




N. Ireland
1 team


R. of Ireland
6 teams


Scotland
1 team

Just outside **Edinburgh** our Scottish team will partner with churches to help with a youth camp, serving relationally and with practical acts of kindness.

Exodus teams will travel across Ireland sharing the hope of Jesus. Working alongside churches and partners, teams will serve families, children and young people through Holiday Bible Clubs, Sports Camps and Community Festivals.

challenge accepted.



Romania
14 teams

Romania is home to the **Exodus Sutor Centre** and its staff. Teams partner with Churches to bring light and life through children's and youth ministry, family visits and practical service projects.



Spain
10 teams

Spanish teams are focused in Catalonia working alongside **Exodus España** to lead kids outreach, plaza ministry and youth clubs.



South Africa
3 teams

In South Africa, our teams work with **Sports Academy in the city of George**. They will run sports programmes, school assemblies and serve within townships where the need is greatest.



USA
2 teams

One Team in USA will partner with **Still Water Camps**. They will be leading games and outdoor activities for a large summer camp. The other team is joining with **Cates Street Baptist Church** to serve the local community!



Serbia
1 team

Our team to **Serbia** will run a kids club and youth programme, serve in a homeless & addiction centre, and share the good news of Jesus through home visits and evangelism.



Bosnia and Herzegovina
1 team

Our first team to **Bosnia and Herzegovina** will serve in a camp for youth alongside a team of **ECM missionaries**, focusing on relational evangelism and service.



Mozambique
1 team

A team will travel to **Maputo** to support missionaries and locals as they minister to families of people living with disabilities.

challenge accepted.



Hungary
12 teams

Teams travelling to **Hungary** will begin with a 'launch' at our new centre near Budapest followed by a week of serving with local churches focused on kids and youth ministry, home visits and community outreach.



Moldova
4 teams

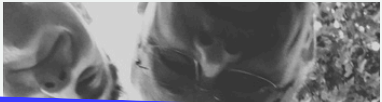
Moldova teams will join local churches to lead a series of travelling kids clubs, moving from village to village sharing the message of Christ. They will also be involved in practical work and church services.



Poland
1 team

This team will be serving 400 kids from underprivileged backgrounds at a camp, alongside **Polish** volunteers and sister teams from the USA and Ukraine.

the team timeline



This year we are sending out 602 people on 57 teams and 11 launch/support teams to serve communities and churches in 12 countries.
As we send out each team we ask that you join with us in prayer for every team member **by name**; for courage to serve others, a life changing encounter with God and friendships that foster discipleship.

Team 69
Romania
David & Gemma, Elliot, Eve,
Daniel, Lydia, Adelle, Liam

Team 67
Hungary
Rob & Bex

Team 63 **LB**
Mozambique
Josh, Max & Sophie, Jonathan,
Andrew, Annie, Susie, Peter

Team 64
Ireland
Ethan, Kirsty, Faith & Matthew

Team 4 **BF**
Romania
Ben & Amy, Ruby, Abbey, Ella, Anna,
Killian, Matthew, Erin, Katie

Team 23 **LB**
Roscommon OM
Katie & Stuart, Connie, Charlotte,
Nara, Will, George, Sophie, Sam, Jude

Team 24 **LB**
Farnelton, Donegal
Scott & Kate, Josh, Katelyn, Bella,
Jamie, Jennah

Team 61 **BF**
Romania
Andrew & Abigail, Jacob, Willow,
Faith, Pranaya, Matthew, Melissa,
Sarah-Beth, Erin, Daisy

Team 39 **NW**
Romania
Phoebe & Stephen, Shay, Katie,
Leah, Gregg, Abigail, Hannah

Team 19 **BAN**
Hungary
Mark & Emma, Jessica, Grace,
Willow, Bella, Eve, Evie, Ella, Darcy,
Mia, Maeve

Team 42 **BF**
Fermoy, Cork
Ross & Naomi, Rebecca, Anna,
Grace, Evie, Alexa, Gracie, Kirsty,
Olivia, Chloe, Liv

Team 44 **BF**
Romania
Chloe & Jordan, Jada, Grace, Emily,
Amy, Grace, Amelia, Emily

Team 12 **BF**
Romania
Trudi & Jack, Ezri, Daniel, Becky,
Thomas, Jacob, Marnie, Charlotte

Team 11 **LB**
Hungary
David & Anna, Fred, Lucy, Hannah,
Annie, Ben, Sophia, Cassie, Abi,
Shona, Kara, Sarah

Team 25 **NW**
Drimoleague, Cork
Dean, Rose & Caitlyn, Gemma, Pete,
Emily, Eve

Team 27 **NW**
Poland
Jennifer, Rachel, Amelia & Simon,
Grace, Skye, Ben, Brandon-lee, Zoe,
Natasha, Patricia

30/06

02/07

04/07

Returning teams:

04/07 64

challenge accepted.

Pray for each of our wonderful hosts who will welcome a team to stay and serve with them.

Team 72
Partners' Tour
Romania & Hungary
Jim, Jill, Stephen, David, Meryl, Rowan, Liz, Edith & John

Team 50 *NW*
Romania
Leah & Sylvia, Emily, Ruby, Lauren, Lily, Kate, Naomi

Team 30 *NW*
Romania
Ethan, Matthew, Katie, Niah, Eva, Elsie, Nia

Team 16 *EA*
Woodlands Presbyterian Church
Romania
Dan & Tony, Danielle, Carter, Matthew, Joe, Blake, Finn, Noah

Team 57 *NW*
South Africa
Benjamin & Joel, Matthew, Reuben, Rio, Alexander, Jack, Matthew

Team 51 *BF*
Texas, USA
Laura, Reuben & Jess, Joe, Sophie, Megan, Holly, Erin, Daniel, Liam

Team 28 *BF*
South Africa
Patrick & Anna, Josh, Chloë, Isaac, Liam, Owen, Joshua, Ben, Will, Zoe, Ellie, Jake, Yasmin, Matthew

Team 65
Ireland
Jordan, Rachele, Jack, Leah, Dave

Team 9 *NE*
Scotland
Lauren, Caitlin, Jodie, Alex, James, Daniel, George, Bethany, Xander, Jack

Team 62 *NW*
Lisneal School
Hungary
'AP', Sarah, Ava, Jessica, Victoria, Emma, Emillie, Blake, Trent, Craig, Charlie, Jude

Team 59 *LB*
Magheraberry Elim Church
Dublin
Daniel, Joel & Sharon, Freddie, Aimee, Aaron, Aimee, Danielle, Sophie

Team 55 *MU*
Hungary
Andrew & Leanne, Rebecca, Lauren, Ella, Reuben, Darcey, Isla, Lizzy

Team 2 *EA*
Kilbride Presbyterian Church
Hungary
Ben & Ellen, Abi, Bethany, Annie, Bethany, Lucy, Lucy

Team 15 *NE*
Hungary
Mia & Adam, Thomas, Luca, Clara, Matilda, Ariane, Lucia, Daniel, Akili, Jemima

EX-PLORE

EX-CHANGE

EX-PRESS

EX-TEND

LAUNCH

SENDING AREA KEY
NE NORTH EAST
BAN BANBRIDGE
NW NORTH WEST
BF BELFAST
LB LISBURN
EA EAST ANTRIM
MU MID ULSTER

Team 52 *LB*
Bosnia
Rebecca & Joe, Cienna, Ben, Jonny, Rachel

07/07

08/07

09/07

10/07

10/07 12 11/07 65 12/07 11 19 67 13/07 63
4 69 23 24 25 42 72

Exodus Teams 2026



Pray for team members to serve others with humility, courage and compassion.

Team 70
Romania
Dan & Jess, Max, Callum

Team 40 **LB**
Romania
Jack & Jenny, Debbie, Aaron, Eden, Eden, Penelope, Emma

Team 36 **BF**
Romania
Jo & Sam, Karis, Emma, Peter, Jason, Ethan, Matthew, Eden, Sophia, Ruby, Ellie, Sara

Team 18 **MU**
Romania
David & Alice, Erika, Pippa, Kaitlyn, Noah, Alex, Andrew



Team 71
Spain
Bruce & Carys

Team 68a
Hungary
Peter & Abigail, Amos

Team 38 **BF**
Dundonald Presbyterian Church
Hungary
Anna & Rob, Chris, Poppy, Rachel, Amy, Faye, Georgia, Emily, Abby, Rio, Joshua, Maya, Eva, Sarah, Theo

Team 35 **MU**
Spain
Jordan & Alice, Simon-Peter, Isabella, Grace, Emily, Megan, Lois, Katelyn, Laura Louise, Leah, Ava, Timothy

Team 32 **LB**
Spain
Matthew & Sharon, Lois, Mika, Holly, Elsie, Bria, Danny, Daniel

Team 31 **NW**
Spain
Jack & Luke, Rhys, Phoebe, Cora, Amy, George, Zara, Jenna, Ava, Megan

Team 14 **NE**
Spain
Gemma, Hannah & Daniel, Ellyn, Logan, Johnny, Ryan, Ellen, Cohan, Hollie, Esther, Grace, Alli

Team 13 **LB**
Spain
Kirsty & Daniel, Kate, Isaac, Charlie, James, Isaac, Hannah, Noah, Emily, Evie, Chris

Team 10 **EA**
Spain
David & Jack, Daniel, Lewis, Eli, Victoria, Molly

Team 8 **BAN**
Hungary
Benjamin & Emily, Sophie, Katie, Rachel, Cassie, Eden, Lucy, Beth

Team 7 **LB**
Spain
AJ & Mollie, Willow, Rebecca, Alexa, Catherine, Hannah, Adam, Zara, Serena, Devon

Team 60 **LB**
Spain
Eben & Courtney, Lucy, Alanah, Jess, Bryonie, Ella, Adam, Philippa, Ruby, Coen, Jamie

Team 58 **LB**
Serbia
Jill & Sid, Nathan, Andrew, Caleb, Abigail, Lucy

Team 6 **LB**
Hillsborough Parish Church
Spain
Rachel & Simon, Michael, Paddy, Catherine, Tilly, Kate, Daniel, Cameron, Freddy

Team 48 **LB**
Hillsborough Parish Church
Spain
Josh & Rebecca, Oscar, Alana, Elodie, Adam, Sarah, Anna, Caleb

Team 45 **NW**
Hungary
Sara, Josh & Carson, Angel, Sarah, Grace, Megan, Kevin, Harvey, Lilia, Alex, Hannah, Paul, Elsie, Arthur



Every team ends by asking, 'what's next?' Pray for each young person as they seek out opportunities to serve and follow Jesus.



challenge accepted.

Pray for the daily 'team time' where each group meets to debrief, pray and read the Bible together.



Team 22 **LB**
Romania
Ben & Anežka, Aoife, Connie, Evie, Emily, Rachel, Hannah, Emma

Team 21 **BF**
Ballygowan Presbyterian Church Romania
Alex & Helen, Erin, Christopher, Finn, Emily, Emmie, Abi, Grace

Team 68b
Hungary
Bea & Debbie, Dave

Team 5 **NE**
Hungary
Robyn & Adam, Keona, Kiera, Joshua, Ellen, Dan, Owen, Susanna, Rory, Carolyn, Emma, Zoe, Abigail

Team 3 **BF**
Moldova
Ethan, Jonny, Sarah & Esther, Sarah, Beth, Adam, Daniel, Josiah, James, Aimee, Louise, Joel, Logan, Oliver, Aaron, Bella, Charlie, Emma

Team 29 **BF**
Hungary
Matthew & Bethany, Libby, Rebecca, Amy, Lily, Harris, Luke, Dan, Noah, Luke

Team 1 **BF**
Hungary
Charis & Ben, Calvin, Lexie, Rebekah, Caitlin, Dylan, Jude, Grace, Lils, Dan

Team 66
Ireland
Mark

Team 53 **NE**
Dublin
Andy, Erika & Andrew, Emily, Jack, Holly, Annie, Abbie-Grace, Alissa

Team 49 **NE**
Moldova
Kora & David, Amy, Miah, Sophie, Katie

Team 26 **NW**
Texas, USA
Matt, Chloe & Marinda, Caleb, Shane, Robbie, Adam

18/07

21/07

22/07

23/07

19/07 15 2 55
 59 62 9 52

20/07 51

21/07 68a 70

22/07 28 57

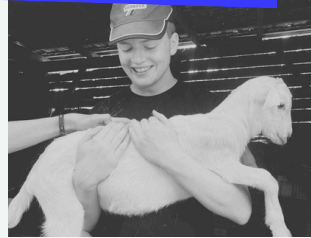
24/07 18 36 40

Exodus Teams 2026



Teams will share the life of Jesus with 2500+ children and young people this summer!

We have over 900 flights to catch this summer... pray for smooth connections and safe travels!



International Week
25th - 4th August
 Please pray for team members joining together at our Sutor centre; from **Hungary, Romania, Latvia** and Team 46 from **Lisburn!**

Team 43 **NW**
Moldova
Brooke & Dylan, Orla, Kayla, Cara-leigh, Aisling, Shea, Erin, Sofi, David, Karl, Eli

Team 46 **LB**
Romania
Matthew & Keziah, Anna, Matthew, James, Tilly, Kristian, Faith, Lucia, Alex, Theo

Team 41 **LB**
 1st Lisburn Presbyterian Church
Moldova
Caitlin, Daniel & Grace, Sasha, Zara, Anna, Sarah, Ella, Ollie

Team 37 **BF**
South Africa
Tommy & Alex, Isabella, Grace, Hannah, Erin, Cara, Anna, Noah, Grace, Rory, George, Ronan



25/07

26/07

06/08

25/07 66

26/07 38 45
58 8 68b

27/07 10 13 14 31
32 35 48 60 7

28/07 21
22 71

02/08 1
29 5 53

04/08 3 49 46

06/08 26 41 43

18/08 37



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Mid Ulster

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North-West (L'Derry)
@exodusnorthwest

Mid Ulster
@exodus_midulster

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@exodus_east_antrim

Belfast
@exodus_belfast

Lisburn
@exodus_lisburn

Banbridge
@exodus_banbridge



**We help young people
to follow Jesus.**

We offer young people opportunities to get connected to a Christian community, discover more about a life of faith and be encouraged reach their potential.



**Subscribe to
Exodus Moments**
*for monthly
celebrations &
prayer updates!*

Get involved with Exodus!



Disciples

A programme that helps young people follow Jesus. You can expect fun, challenge and support from September to March, including: monthly gatherings, Pods (with peers & a mentor) and a residential. Join a Disciples group near you **from 20th June 2026.**
Apply at: exodusonline.org.uk/disciples

Schools

We are committed to serving schools and offer a wide range of opportunities tailored to you and your pupils. Get in touch with us to book assemblies, SU groups, Alpha and our **SOAR Leadership Course.**



Residentials

Located in the heart of Coleraine! Our first-class Residential Centre is an ideal place for youth weekends, camps and retreats.

Want to get involved?

You don't have to be a teenager! Play your part in reaching the next generation through giving, weekly prayer meetings, practical volunteering and more!

Get in touch with us at hello@exodusonline.org.uk





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