



ALPHA ONLINE 2020



**HOSTS &
HELPERS
GUIDE**

WEEK 1
Is there more
to life than
this?

IS THERE MORE TO LIFE THAN THIS?

The Discussion Guide has four parts:

ICEBREAKERS - Ideas to start making people feel comfortable before the video.

DISCUSSION QUESTIONS - Main questions you can use for discussion.

EPISODE SUMMARY - A short summary that highlights the big ideas, key quotes and scriptures.

TIPS & GUIDELINES FOR HOSTING DISCUSSION - Guidelines for hosts and helpers as they lead discussion each week. Read this at least once and maybe a second or third time during Alpha as a reminder.

Icebreakers (before video)

These games will enable the group to remember each other's names and get to know one another.

NAME GAME

- 'Everyone think of a positive adjective that starts with the same letter as your first name' eg 'Joyful John' or 'Happy Helen' OR 'Everyone think of a famous person with the same first name as you' eg 'Justin Bieber', 'Sandra Bullock'
- Start with the person on your left. They must say their name and positive adjective or celebrity name. The next person must say their name and adjective or celebrity name and that of the person before them
- Each person must try and repeat all the names of the guests preceding them from memory. The host is the last person to go and repeats the names of everyone in the group
- Be quick to help any guests who might find this more difficult

DESERT ISLAND GAME (if you have time)

- 'If you were stuck on a desert island and you could take one thing (not a person) with you, what would you take?'
- OR 'Which person from history would you like to be stuck in a lift with, and why?'

Discussion Questions (after video)

1 HOW AND WHY DID YOU END UP COMING TO ALPHA?

- This gives the rest of the group permission to say what they really think. Try to draw more out of guests if they are a bit hesitant. Start with the guest you think is most reluctant/hostile about doing Alpha to encourage other guests to open up and be honest

2 WHAT DID YOU THINK/FEEL ABOUT THIS EPISODE? WHAT STOOD OUT TO YOU FROM THIS EPISODE?

3 IF IT TURNED OUT THERE WAS A GOD AFTER ALL, AND YOU COULD ASK ONE QUESTION, WHAT WOULD IT BE?

- Encourage guests, 'These are great questions'
- Write the questions down with a view to coming back to them at the end of Alpha
- Keep the discussion light and brief and make sure you finish on time

Episode Summary

BIG IDEA

Alpha is an invitation to explore life's biggest questions and a chance to look at the life and message of Jesus. Every opinion and question is welcome.

KEY QUOTES & SCRIPTURES

Christianity, if false, is of no importance, and if true, of infinite importance. The only thing it cannot be is moderately important.

C.S. LEWIS

I am the bread of life.

JESUS (JOHN 6:35)

I am the way and the truth and the life.

JESUS (JOHN 14:6)

Tips & Guidelines for Hosting Discussion

Discussion in small groups is the most important part of every Alpha session. Hosting a discussion on Alpha is not about re-teaching any of the content from the episode – the goal is to create a safe place where everyone can share openly and honestly about their thoughts and feelings and ask questions. Remember, the discussion guide is just a guide. Use these questions to spark conversations and bring it back on track when needed.

Alpha is a journey. The more time you spend together as a group, the more people will feel free to open up and share their opinions.

GUIDELINES FOR THE GROUP

- You don't have to talk if you don't want to
- You can ask or say just about anything
(as long as you aren't putting other people down or making it so others can't talk)
- Respect each other by listening and welcoming different opinions
- Keep things confidential when you leave the group

TIPS FOR HOSTS & HELPERS

- Remember names
- Pray
- Be committed
- Show up early to welcome guests
- Stay long enough to chat with guests afterwards
- Keep the conversation alive and balanced
- Be encouraging
- End on time
- If time allows, debrief with your Alpha team to celebrate wins, chat about challenges and share prayer requests