



ALPHA ONLINE 2020



HOSTS & HELPERS GUIDE

How can I make
the most of the
rest of my life?

HOW CAN I MAKE THE MOST OF THE REST OF MY LIFE?

Icebreakers (before video)

IF YOU COULD GO BACK IN TIME TO REVISIT ANY MOMENT OF YOUR LIFE, WHAT WOULD YOU CHOOSE?

IF YOU COULD GIVE YOUR PAST SELF SOME ADVICE, WHAT WOULD YOU SAY?

- What do you think the younger version of yourself would think about you today?

See more icebreaker or online games ideas at the end of this guide.

Discussion Questions (after video)

- It is often good to start with: “Did anything from the episode stand out to you?”

1 HOW HAVE YOU FELT PRESSURED TO FIT IN?

- This session talks about the way of Jesus being different from the ways of this world. What do you think about that idea?
- Have you ever noticed yourself making a decision to do something just because the people around you were doing it?

2 HOW DO YOU FEEL ABOUT THE IDEA THAT GOD HAS A PURPOSE FOR YOUR LIFE?

- Do you think a relationship with God should impact our actions and the way we live?
- Do you find it hard to trust God (or someone else) with your future? Why or why not?

Additional questions (if needed):

3 WHAT DO YOU THINK ABOUT THE IDEA OF “MAKING THE MOST OF YOUR LIFE?”

4 HOW DO YOU FEEL ABOUT THE IDEA OF HAVING A “FRESH START” IN LIFE?

5 (IF YOU ARE DOING THIS AFTER THE HOLY SPIRIT SESSIONS): IN THE PREVIOUS SESSION, HOW WAS YOUR EXPERIENCE DURING THE TIME OF PRAYER ON BEING FILLED WITH GOD’S SPIRIT?

Episode Summary

BIG IDEA

A relationship with God changes everything. Because of God's great love for us, we can live a new life! No matter what kind of past you have had, God invites us to make the most of the rest of our lives. The new life that God invites us into is a life lived in response to his love.

KEY QUOTES & SCRIPTURES

If only we could live two lives: the first in which to make one's mistakes, and the second in which to profit by them.

D.H. LAWRENCE

Therefore, I urge you, brothers and sisters, in view of God's mercy, [in view of everything God has done for you] to offer your bodies as a living sacrifice, [in other words, offer every part of your life] holy and pleasing to God – this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.

ROMANS 12:1-2 NIV

Don't let the world around you squeeze you into its mould.

ROMANS 12:2, J.B. PHILLIPS

... anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

2 CORINTHIANS 5:17

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

MATTHEW 6:33

Tips & Guidelines for Hosting Discussion

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

Icebreakers

Laughter is food for the soul! Here are some fun icebreakers you can use each week:



- Do you squeeze the toothpaste tube or roll it? What's the advantage of your method?
- When was the last time you square-danced or line-danced? Rate your dancing ability on a scale of 1 to 10.
- What's one fashion trend you hope never comes back? Which ones have come back that you wish hadn't?
- What magic tricks do you know? Perform one now.
- Do you have a collection? If so, what do you collect and why?

- Are you more inclined to "build your own empire" or "unleash the potential of others"? Explain.
- What's your preference: plane, train, boat, automobile, horse, or camel?
- What was your favorite recess activity: dodgeball, kickball, foursquare, hopscotch, freeze tag or jump rope?
- What's your pick: hang glide, sky dive, bungee jump, hot air balloon, or kite?
- What is one of your favorite souvenirs brought back from your travels? Where do you keep it?

- What is your favorite bumper sticker or t-shirt slogan?
- As a child, did you ever peek into a wrapped gift before you actually received it? Did you ever get caught? Explain the details.
- What room in your house best reflects your personality? Why?
- Who's the most famous person you've ever met? What famous person would you most like to meet?
- What's your favorite kind of candy?

- What's the wackiest belief you held as a child?
- Which movies have you watched over and over again?
- What do you admire most about your best friend?
- What items do you currently have stored in the trunk of your car?
- Are you an early bird or a night owl? Why?