



ALPHA YOUTH *Series*

Alpha

DISCUSSION GUIDE

Alpha Youth Series Discussion Guide

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INTRODUCTION

A note from Jason and Ben

(Hosts of the Alpha Youth Series)

Dear Small Group Host,

Here's the secret about Alpha: small groups are the most important part.

We spent thousands of hours making the Alpha Youth Series, but it's just a spark. The impact is because of people like you; small group hosts who take the spark and lead a conversation where people feel heard, respected, and loved. That's what people will remember and that's what will impact their lives. **We need you more than you need the videos.**

We are praying for you as you encounter bizarre questions, awkward silences and stunning stories. You are going to do a great job. Keep one ear to the guests and the other to Jesus. It's not the words that you share, but the way you listen, that will make the difference.

With love in Jesus,

**Jason Ballard and Ben Woodman
and the whole team at Alpha**

HOW TO USE

This Discussion Guide is a tool that can help every Alpha small group host. Each chapter corresponds to an episode.

It highlights the important points, helps you remember the key quotes and Bible verses, and provides you with loads of intriguing discussion questions to keep things lively. Use it to get an idea of where the episode is going and what's been covered. It's designed to help you, not limit you. It's all here as a springboard to help you take the conversation further than you could without it.

Not a secret

Don't feel like you need to keep the content of this guide a secret from the guests at your table. We wrote it knowing that someone in your small group will want to steal it from you to see what's in here. Guests will be excited to know that you have some of the quotes and verses handy so you can come back to them in conversation.

Three questions

Each episode is designed to be **paused three times** for group discussion (prompted by on-screen questions and street interviews). A countdown signals the end of each discussion break. The street interviews are meant to spark ideas and opinions and help create conversation. We've highlighted these questions in the discussion guide so you know what's coming and where you are in the session.

Supporting questions

Sometimes the question on the screen doesn't spark enough conversation so we have included several supporting questions to help you keep the chat alive and capture the imagination of guests. Don't feel limited to these. You can be creative and throw some other questions into the mix.

More questions

The three breaks for conversation throughout each episode are just the beginning. We have included a handful of follow-up questions to help you lead a time of discussion after each episode is done. We recommend 10–20 minutes. Don't feel like you need to follow these questions exactly. Choose a few, mix up the order, and add your own. Let the conversation grow naturally as the guests respond with their own questions from the episode.

Register online

If you haven't already, register your Alpha online. In the USA, register at run.alphausa.org; in Canada, register at run.alphacanada.org. By registering, you will be given **free access to a suite of support materials** to help you plan, promote, and run Alpha.

Features:

- Digital Discussion Guide
- Customizable promotional materials
- Sample session schedules
- Trailers

TIPS AND 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 initiate conversation 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.

Tips for hosts and 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

Guidelines for the group

Read this at least once to your group and maybe a second or third time during Alpha as a reminder.

- 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 preventing others from talking)
- Respect each other by listening and allowing different opinions
- Keep things confidential when you leave the group

Be sure to watch our three training episodes to get everything you need to be the best possible host and helper.

LIFE: IS THIS IT?

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.

Remind yourself of the tips and guidelines for hosting discussion on page 7, and remember to share the 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 preventing others from talking)
- Respect each other by listening and allowing different opinions
- Keep things confidential when you leave the group

Q1

If you had 24 hours to do anything, what would you do?

Imagine money is limitless and travel is instant.

If you haven't already, give everyone a chance to introduce themselves. Keep it light. There will be time to get to the deeper stuff later.

Supporting questions

- What's something you have always wanted to do? (Bucket list.)
- Where have you always wanted to travel?

Q2

What makes you happy?

Supporting questions

- What could you not live without?
- Have you ever had too much of a good thing?

Q3

If it turned out God existed after all, and you could ask one question, what would it be?

As people answer this question, write down the answers so you can look back at them in later weeks.

Supporting questions

- Where do people go to talk about these sorts of questions?
- Why do people sometimes find it awkward to talk about big life and faith questions?

More questions

Many groups leave 10–20 minutes after the episode is done for more conversation.

- How did you end up at Alpha?
- What did you think/feel about this episode?
- What stood out to you from this episode?
- Do you have any hopes or expectations about doing Alpha?

Key quotes and scriptures



In each one of our hearts, it's like we have a happiness bucket that we're constantly trying to fill.



"I am the bread of life."

Jesus, John 6:35



"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 way and the truth and the life."

Jesus, John 14:6