



# HOPE IN THE FUTURE

## ALPHA COURSE

Alpha is an opportunity for anyone, anywhere, to freely explore their unique questions about life, faith and God. It is a series of interactive sessions exploring the Christian faith. It is a wonderful way of sharing the Good News of Jesus with those around us. You may choose to host this in the parish centre or the school and aim it at either adults (using the Alpha Film Series) or young people (use the Alpha Youth Series). Most sessions start with food because it's a great way to build community and get to know each other. This is followed by the video which lasts around thirty minutes. After the video there is group discussion which is an opportunity for thoughts on the topic in an honest, friendly and open environment. You will need a computer, a projector, speakers and access to the internet.

Here is a step by step guide for setting up an Alpha in your Parish Community.

- 1) Set up a team made up of staff, pupils and members of the parish.
- 2) Decide when you want to run your Alpha course, where you want to host it (school or parish) and for who (adults or young people).
- 3) Create a free account – [run.alpha.org.uk/](http://run.alpha.org.uk/).
- 4) Watch the training videos and plan your sessions (food, who is leading each session, opening prayer/worship).
- 5) Click 'run an alpha' and input the details about your Alpha sessions (date, time and location).
- 6) Click download materials. All the videos and supporting documents are available to download from here free of charge.
- 7) When running an Alpha ensure the usual safeguarding procedures are followed (pupils must be supervised at all times by DBS cleared members of staff).

Every Alpha session has three key elements:



Food



Talk



Discussion



## Sessions

- 1) Is there more to life than this?
- 2) Who is Jesus?
- 3) Why did Jesus die?
- 4) How can I have faith?
- 5) Why and how do I pray?
- 6) Why and how should I read the Bible?
- 7) How does God guide us?
- 8) Who is the Holy Spirit? \*
- 9) What does the Holy Spirit do? \*
- 10) How can I be filled with the Holy Spirit? \*
- 11) How can I make the most of the rest of my life? \*
- 12) How can I resist evil?
- 13) Why and how should I tell others?
- 14) Does God heal today?
- 15) What about the Church?

\* explored on the Alpha Weekend/Day Retreat

## Weekend/Day Retreat

The weekend/retreat is a crucial part of Alpha:

- Time to get away from the usual routines
- Time to deepen friendships
- Time and space to think and pray
- An opportunity to experience the Holy Spirit

What is prayer ministry?

- Ministry in the broadest sense means 'serving' others
- 'Prayer ministry' means serving others through prayer; 'meeting the needs of others on the basis of God's resources' (John Wimber)
- It is the activity of the Holy Spirit that transforms every aspect of Alpha
- 'Come Holy Spirit' (Veni Sancte Spiritus) – the oldest prayer of the church
- We offer ourselves to God as his servants and leave the rest to him

For more information check out the leaders guide

[run.alpha.org.uk/wp-content/uploads/sites/6/2017/11/Alpha\\_Team\\_Guide-3.pdf](http://run.alpha.org.uk/wp-content/uploads/sites/6/2017/11/Alpha_Team_Guide-3.pdf)



“For many years now and in various parts of the world, Alpha has shown itself powerful in bring faith alive in all kinds of people. Its focus is on Jesus, its method is simple and its appeal is wide-ranging. It is also well-adapted for us in Catholic communities looking to provide the kind of ignition we need if we are to become a more missionary Church.”

**Archbishop Mark Coleridge**  
Archbishop of Brisbane, Australia

