Alpha
At a Glance

Program Details

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Program Category: Individual and Couple's Resource

Program Type: Plug-and-Play

Delivery Method: Small Group, Self-Guided

In-Person/Online?: Online/In-Person

Cost of Material for End User: Free for course, cost of weekend varies

Cost of Training and/or Leader Material: Free for course, cost of weekend varies

Languages: English, Spanish, Mandarin (Traditional/Simplified) Cantonese (Traditional)

Group Sharing?: Yes

Catholic Authored: No (but Catholic version available)

Concepts Taught

Prayer & Devotional Practices:

- ✓ Vocal Prayer & Petition
- ✓ Intercessory Prayer
- ✓ Prayers of Thanksgiving
- ✓ Repentance
- ✓ Devotional Prayer

Relationship-Oriented Concepts:

- ✓ Prayer & Worship
- ✓ Biblical Foundation
- ✓ Moral & Ethical Living
- ✓ Community & Fellowship
- ✓ Spiritual Intimacy & Growth
- ✓ Service & Acts of Love
- ✓ Hope & Resilience
- ✓ Forgiveness & Grace

Communio's Take:

Alpha is a program that uses a series of questions to create a welcoming and safe space for people from all walks of life to ask questions and share their opinions on faith and life. The Alpha course is 15 sessions divided across 9-11 weeks with one weekend away to experience worship through music and prayer. Each session begins with a meal together to encourage friendship-building and remove any awkwardness or apprehension that comes with having deep and meaningful conversations. After eating, everyone will watch the video talk together, and break into small groups for discussion. Worship can be incorporated into each session if it suits your group culture.

The first step in running Alpha is to recruit a group of leaders and go through training. Training is comprised of a series of short videos totaling under 4 hours and can be completed at your own pace. These videos give best tips and practices to run a successful Alpha. Training also utilizes consistent prayer behind the scenes. Team members should be willing to meet early before each session to set up the space and pray over the session. The next step is to promote through the church, invite guests, and decide on the best time and space for sessions. Sessions typically take place once per week on the same weeknight. After the first six sessions, the Alpha Weekend (or Day) away should take place. However, promotion of the weekend away should begin as early as week 2 to encourage attendance. Alpha weekends are planned by the leadership team and need to be in a different venue such as a retreat or event center. Alpha's Quickstart Guide breaks down each step to run a successful Alpha course.

Video Sessions Include:

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?

What You Need to Run It:

End-User Materials: Guests attending Alpha do not need any materials, but can bring materials to take notes.

Leadership Materials and Training: Leadership Team Members need to have access to the Alpha Dashboard to view the training and video sessions. Scripts to moderate the sessions are optional but available (free digital download, $10.49 for the printable version) on the dashboard.

Setting: Each Alpha will have a different setting depending on the attendees. Some groups may meet in the church, but some may feel more comfortable meeting in a home, library, or conference room. Leadership should choose a space that makes everyone feel welcome and safe. Make sure the space has audio/video and internet connection. Food should be provided at each session to encourage deeper connection and friendship. The Alpha weekend should take place in a different place to encourage attendees to unplug in a way that a change of scenery can provide. Consider a venue that works best for the size of your group. Make sure to incorporate fun into the weekend. The cost of the weekend can be a barrier for some participants, so it may be a good idea to provide scholarships This can also be a great opportunity to collaborate with churches in your area who may not have experienced an Alpha weekend away.

Links to Relevant Resources:

Create leader dashboard and view course here:

http://auth.alpha.org/Login

Check out all of Alpha's programs and events at:

https://alphausa.org/

Content Author's Description:

In a world of isolation, anonymity, and keyboard-warriors, Alpha offers content and guidance for churches, ministries, and individuals to create a space for honest and open conversations about life's biggest questions. Everyone is welcome and no questions are off limits.

Alpha is by the Church, for the Church, and through the Church, but it is run worldwide in many settings—homes, cafés, restaurants, prisons, and more. Increasingly, Alpha is being embraced by organizations and people looking to create a safe space for conversations about faith.