Alpha Youth
At a Glance

Program Details

Content Author: Various

Program Category: Family Resource

Program Type: Plug-and-Play

Delivery Method: Small Group, Large Group, Self-Guided

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

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

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

Languages: English, Spanish

Group Sharing?: Yes

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 Youth Series is a video-based curriculum that uses a series of questions to create a welcoming and safe space for young people from all walks of life to ask questions and share their perspectives on faith and life. This is the first Youth series written by Gen Z for Gen Z using Vox Pop interviews and group discussions. The Alpha Series course is 10 sessions divided across 8 weeks with one day 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 Youth Series is to recruit a group of leaders and go through training. This group of leaders may already exist in your existing youth groups. Training is comprised of two videos, both around 20 minutes. The first gives instructions on how to lead regular sessions while the second gives tips and best practices on how to run an Alpha Day with subsequent Prayer Ministry time. 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 five sessions, the Alpha Day should take place. However, promotion of the weekend away should begin as early as week 2 to encourage attendance.

Sessions 6 & 7 cover the Holy Spirit. For this reason, Alpha highly recommends covering both during a full Alpha Day so students can have the opportunity to learn about and encounter the Holy Spirit for themselves. There are three main elements of the Alpha Day: Welcome, Worship, and Prayer. This can take place in your regular Alpha Youth session room, but you are encouraged to use a different space to add excitement and engagement. Worship can be live or the playlist provided by Alpha. Plan for the Alpha Day to take about 7 hours and be filled with connections, food, and fun. The remaining sessions will take place in the regular Alpha Youth Series area.

Video Sessions Include:

1. Welcome to the Conversation
2. Jesus Is.....?
3. What Does Real Love Look Like?
4. Why Would I Want a Relationship With God?
5. What Does a Relationship with God Look Like?
6. Who Is the Holy Spirit?
7. How Can I Be Filled With the Holy Spirit?
8. How Does God Help Us Overcome Evil?
9. Does God Heal Today?
10. What Happens Next?

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. All training and sessions are free and Alpha will also provide all promotional materials, sample schedules, weekly briefing videos for the leadership team, videos for planning and preparing for your sessions, discussion guides, audio playlists, a PDF on "Safeguarding" to create a safe and welcoming environment, and bonus story videos.

Setting: Each Alpha Youth Series 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 an internet connection. Food should be provided at each session to encourage deeper connection and friendship. The Alpha Day should take place in a different place to encourage young people to unplug from daily life and engage in their surroundings. 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 good to offer scholarships.

Links to Relevant Resources:

Create leader dashboard and view course here:

https://ays.alpha.org/us/en

Check out all of the Alpha Youth programs and events at:

https://alphausa.org/youth/

Content Author's Description:

At Alpha Youth, we are dedicated to equipping Youth Ministry Leaders and empowering young people on their faith journeys. The Alpha Youth Series is designed specifically to inspire teens to engage in meaningful discussions about faith and life's biggest questions. Alpha Youth exists to equip the church to help rising generations discover and develop a relationship with Jesus. We do this by providing culture-curating products & resources, transformative experiences, and curious conversations.

The Alpha Youth Series is a series that sparks conversation around the basics of the Christian faith while holding space for the unique questions, doubts, and experiences of teenagers. 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. Together, let's create an environment where questions are explored, faith flourishes, and a rising generation is ignited with purpose.