

# What is Alpha?

Alpha is a series of interactive sessions that freely explore the basics of the Christian faith.

## Who is Alpha for?

Alpha really is for anyone who's curious. The talks are designed to encourage debate and explore the basics of the Christian faith in a friendly, honest and informal environment. You are free to discuss as much or as little as you want.

## How does it work?

Alpha usually lasts for 11 weeks with a day or weekend away in the middle. Each session usually includes:

### A Typical Alpha Session

Every Alpha session has three key elements: food, a talk and discussion:



#### Food

Whether is a group of friends gathered around a kitchen table, or a quick catch-up over coffee and cake, food has a way of bringing people together. It's no different at Alpha. We start with food, because it's a great way to encourage community and get to know each other.



#### Talk

The talks are designed to engage and inspire conversation. Generally thirty minutes long, they can be given as a live talk or played as a video. They explore the big issues around faith and unpack the basics of Christianity, addressing questions such as Who is Jesus? and How can I have faith?



#### Discussion

Probably the most important part of any Alpha is the chance to share thoughts and ideas on the topic, and simply discuss it in a small group. There is no obligation to say anything. And there is nothing you can't say. It's an opportunity to hear from others and contribute your own perspective in an honest, friendly and open environment.

# Why Alpha?

Alpha is a tool used by the local church to reach people with the unchanging message of Jesus Christ. As lives are changed, we see God at work right now, calling us to share the Good News with others

## INTRODUCTION

**Kickoff Dinner:** At Holy Cross Church Tuesday's, Beginning September 11th @ 6:30pm.

## What the talks on the Alpha course cover?

Alpha guests explore Christianity in a relaxed, welcoming and engaging atmosphere. Each session explores a particular question:

**Week 1: Is There More to Life Than This?**

**Week 2: Who is Jesus?**

**Week 3: Why Did Jesus Die?**

**Week 4: How Can I Have Faith?**

**Week 5: Why and How Do I Pray?**

**Week 6: Why and How Should I Read the Bible?**

**Week 7: How Does God Guide Us?**

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## Alpha Weekend

**Introduction to the Weekend**

**Who is the Holy Spirit?**

**What Does the Holy Spirit Do?**

**How Can I Be Filled with the Holy Spirit?**

**How Can I Make the Most of the Rest of My Life?**

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**Week 8: How Can I Resist Evil?**

**Week 9: Why and How Should I Tell Others?**

**Week 10: Does God Heal Today?**

**Week 11: What About The Church?**