



ALPHA SESSION AND SCHEDULE

Typically, Alpha is 11-weeks, including a weekend or day away.

Customize these schedules as needed for your group.

Team Training: Lead this training for your hosts and helpers 1-2 weeks before the start of Alpha.

These resources are found in [MyAlpha](#) "Series Materials":

In-Person: Small Groups (video)

* Use with the Alpha Team Guide Training Small Groups (PDF)

Online: Introduction (video)

Online: Small Groups (video)

WEEKLY SCHEDULE

Week 1 | Is There More to Life Than This?

Week 2 | Who Is Jesus?

Week 3 | Why Did Jesus Die?

Week 4 | How Can We Have Faith?

Week 5 | Why and How Do I Pray?

Week 6 | Why and How Do I Read the Bible?

Week 7 | How Does God Guide Us?

Team Training: These videos are found in [MyAlpha](#) "Materials"

In-Person Prayer & The Weekend

* Use with the Alpha Team Guide Training-Prayer & The Weekend (PDF)

Online: Prayer Ministry

Alpha Weekend/Time Away

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?

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?

WEEKLY SESSIONS

Use this timeline as a starting point for your Alpha and adjust as needed to fit your setting.

TEAM PREPARATION

1 hr before Set up and food preparation

30 min before Alpha team meeting and prayer
- Use the Team Huddle Notes in [MyAlpha](#) "Series Materials"

ALPHA BEGINS

10 min Greet guests and encourage people to begin eating. Serving food right away encourages guest to come on time and helps avoid waiting in the food line.

45 min Dinner and casual conversation. Have one host or helper always stay with the guests and focus conversation on getting to know them.

10 min Worship music (optional)

30 min Alpha talk

45 min Small group discussion can happen while everyone stays in one room, or each group can go to different rooms for the small group discussion. Always end on time.

ALPHA ENDS

15 min Debrief with Alpha team using the notes found in the Team Huddle notes in [MyAlpha](#)