



Prepared by
Alpha Australia

Alpha Starter Guide



A woman with curly hair is smiling and looking towards the right. In the background, a man is sitting and looking towards the right. The room has large windows and a green plant.

Alpha is a series of interactive sessions that explore life, meaning and the Christian faith in an open and honest environment.

It typically runs between 8 to 10 weeks, and everything you need to run Alpha is 100% free.

Alpha runs:

- In-person, online, or a bit of both
- In churches, homes, cafes, prisons, schools, and online
- In every major denomination in Australia
- For many or few

5 STEPS TO GET STARTED

Click here to preview the Alpha Film Series & Alpha Youth Series

- 1 | **PRAY & keep praying**
 - Timing. Pray for the right time to start Alpha
 - Team. Pray for the right team to gather together to serve
 - Guests. Pray for the hearts of those that will receive the invitation to try Alpha
- 2 | **PLAN & REGISTER your Alpha**
 - Go to [MyAlpha](#)
 - Create an Alpha
- 3 | **DOWNLOAD the talks and team guides**
 - In MyAlpha click on your registered Alpha
 - Look under [Series Materials](#)
- 4 | **PROMOTE & INVITE**
 - In MyAlpha click on your registered Alpha
 - Look under [Promote](#) for a range of materials
- 5 | **SELECT & TRAIN your team**
 - In MyAlpha go to the [Learning Centre](#)
Review Alpha 101 & 7 Best Practices
 - Download & watch the Small Group Training with your team, found in [Series Materials](#)

There you go! **You're ready to get started** on your Alpha journey, and we are here to serve in every step. We would love to connect and pray with you so please don't hesitate to [contact us](#).

If you are looking for some more information on running Alpha, **keep reading!**

[CLICK HERE TO GET STARTED](#)

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CREATING A CULTURE OF INVITATION

A recent study by the Barna Research Institute found that 90% of non-Christians who have had a digital discussion about Christianity with a friend or family member in the past year, reported that the conversation 'went well' and that 41% of non-Christians would be open to participating in a spiritual conversation about Christianity if the experience felt friendly.

The number one reason why people come along to church or Alpha is because they have been invited. In fact, 9 out of 10 people who try Alpha came along because they were invited!

We want to make invitation as easy as possible, so here are some resources available to you.

MyAlpha

MyAlpha contains a full suite of invitational resources, including social media graphics, promotional videos, trailers, flyers, banners, and more. It's all ready for you to download, and invite.

Guide to Digital Invitation

Online is our new mission field. There's so much opportunity in the digital space so here at Alpha Australia we have pulled together some of the great resources and ideas we've heard from Church and Alpha leaders. We trust it will inspire and equip you to use digital invitation as a key part of your evangelisation strategy. Download [The Guide to Digital Invitation](#)



PRAYER

Prayer during the first few sessions

Depending on what Alpha series you are watching, there may be a short prayer led by one of the presenters at the end of the talk. This is intended to give your guests a chance to pray along silently if they want to.

Session 5 is all about prayer

Small groups are encouraged to discuss the topic and then try praying together at the end. Group hosts might simply say a short prayer or give guests an opportunity to pray out loud. In the following weeks, hosts can choose to end all small group sessions with prayer.

Note: On Alpha, we recommend that you do NOT pray before meals or during small group time until Week 5. This allows the topic of prayer to be introduced thoughtfully and discussed thoroughly in small groups.

Praying for others on the alpha retreat

The Alpha Retreat is usually scheduled about halfway through your Alpha. It's a chance to get away from the busyness of our lives, where people can take time to relax, think, have fun together, learn more about God, and if they're willing, to experience prayer ministry. The Alpha talks on the weekend are primarily about the Holy Spirit - who, why, how the Spirit helps us stay focused on Jesus and in relationship with Him. After the last session, there's time for guests to pray and be prayed for by a host or helper. We want to give them an opportunity to experience God's love through the Holy Spirit.

Prayer and healing

After the Alpha talk about healing, we encourage small groups to discuss the topic and pray for healing. It's often in those prayer times that God surprises us by what he does in people's hearts and in their bodies. God loves to reveal Himself to those who sincerely seek Him.



SAMPLE ALPHA SCHEDULE

Alpha typically runs for 8-10 weeks. Depending on your schedule, you can choose between the last topics for weeks 7-11.

Alpha Film Series

Week 1 - Is There More to Life Than This? (Launch Party)

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 Do I Read the Bible?

Week 7 - How Does God Guide Us?

Holy Spirit Sessions

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?

Alpha Youth Series

Week 1 - Life: Is This It? (Launch Party)

Week 2 - Jesus: Who Is Jesus?

Week 3 - Cross: Why Did Jesus Die?

Week 4 - Faith: How Can I Have Faith?

Week 5 - Prayer: Why and How Do I Pray?

Week 6 - Bible: Why and How Do I Read the Bible?

Holy Spirit Sessions

Spirit - Who Is the Holy Spirit and What Does He Do?

Fill - How Can I Be Filled With the Holy Spirit?

New Life - How Can I Make the Most of the Rest of My Life?

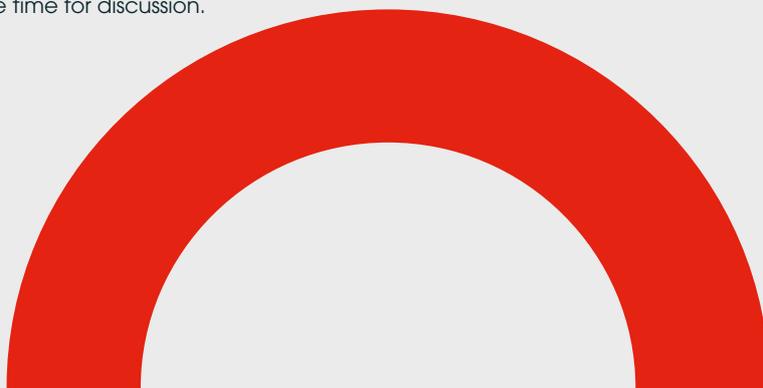
Week 7 - Evil: How Can I Resist Evil?

Week 8 - Telling Others: Why and How Should I Tell Others?

Week 9 - Healing: Does God Heal Today?

Week 10 - Church: What About the Church?

A **Launch Party** is a fun, pressure-free way to introduce how Alpha will run over the coming weeks. Since Week 1 is a bit different from others, there is less time for discussion. It's more about getting to know each other. In other weeks there will be more time for discussion.



SAMPLE ALPHA SESSION

Customise these schedules as needed for your group.

Alpha Film Series

1.5 HOUR SESSION

1 hr before – Set up

30 min before – Brief team meeting & prayer time

ALPHA BEGINS

15 min – Guests arrive and mingle

20 min – Food

5 min – Ice breaker game

40 min – Alpha talk with discussion

10 min – Close

ALPHA ENDS

15 min – Debrief with Alpha team

Alpha Youth Series

55 MINUTE SESSION

10 min before – Alpha Team does set up

ALPHA BEGINS

10 min – Guests arrive, eat together, relax/mingle

5 min – Welcome (encourage them to start eating)

35 min – Alpha talk with discussion

5 min – Close

ALPHA ENDS

10 min – Debrief with Alpha team

Alpha Online

1 HOUR & 15 MINUTES SESSION

20 min before – Alpha Team info chat, prayer & tech check

ALPHA BEGINS

5 min – Meet & greet, welcome

10 min – Online Hospitality

30 min – Alpha talk

30 min – Small group discussion

ALPHA ENDS

10 min – Debrief with Alpha team

BUILDING A STRONG TEAM

Being part of an Alpha team can be the most rewarding and fun experience for volunteers. People with a common interest get together and can make new friends, develop their skills and learn how to work together. A strong team will also provide a better, more positive experience for your Alpha guests.

HOSTS & HELPERS | Who loves people well and can facilitate open and honest communication?

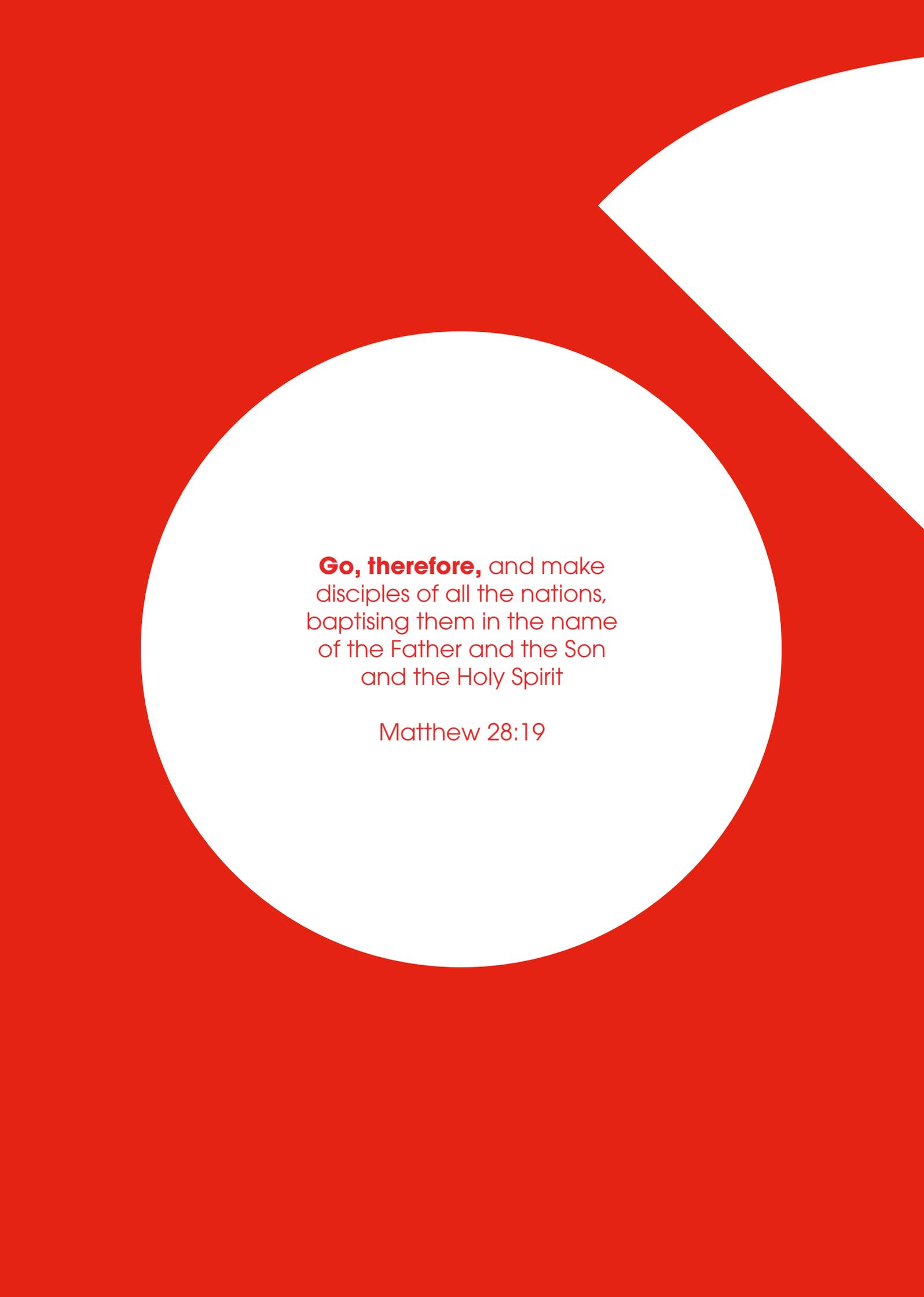
HOSPITALITY | Think about people you know who love hospitality. What would it look like if you invited them to help prepare and cook meals/ snacks, or to find creative ways to express hospitality if you are running Alpha Online?

INVITATION | Who can dream up creative ways to make your meeting space more welcoming and fun? Who can equip your community to invite their friends to Alpha?

TECH SUPPORT | Who can make sure you have the right audio and visual gear so that everything goes smoothly? Who knows how to use tools like Zoom? Find those people who love to help out behind the scenes.

WELCOME TEAM | The greeters and registration table will usually be the first people that guests meet. Look for people with a friendly smile and who love connecting.





Go, therefore, and make
disciples of all the nations,
baptising them in the name
of the Father and the Son
and the Holy Spirit

Matthew 28:19