

SMALL GROUP QUESTIONS

Group discussion is the most important part of the Alpha experience. Here are questions to help you and your group have great conversations. We've listed the questions asked in each episode along with optional supporting questions for each. We've also included questions for discussion after the episode has ended. It's important to remember two things when leading discussion on Alpha: first, the goal is not to teach, it is to discuss, and secondly, the goal is not necessarily to get through all of the questions provided, rather, to facilitate a discussion that's helpful for the people in your group.

SMALL GROUP DISCUSSION GUIDE

EPISODE 1

LIFE: IS THIS IT?

Question #1 - If you only had 24 hours left to live, what would you do?

*Imagine money is limitless and travel is instant.

*As each person answers this question ask them to introduce themselves too

Supporting Questions:

- Who would you spend your last day with?
- If you could travel anywhere in the world for vacation, where would it be? Why?
- Is there anything that you have always wanted to do?

Question #2 - Why do you think people find it awkward to talk about their religious beliefs?

Supporting Questions:

- Do you think there is an unspoken social rule that says "keep religion and spiritual thoughts to yourself?"
- Do you ever talk about your thoughts about religion or God with your friends? Is it uncomfortable?
- Why do people think talking about religion can be offensive?

Question #3 - Assuming God is real; if you could ask God one question, what would you ask?

*As people answer this question, write down the answers so you can look back at them as the weeks go on.

Post Session Discussion (Optional):

- How did you end up at Alpha?



SMALL GROUP DISCUSSION GUIDE

EPISODE 2

JESUS: WHO IS HE?

Question #1 - Have you ever had an encounter with a celebrity?

*It's a good idea to have everyone introduce themselves again

Supporting Questions:

- If you could meet anyone (dead or alive in all of history) who would you like to meet?
- Has anyone ever mistaken you for a famous person?

Question #2 - Why do you think Jesus is so famous?

Supporting Questions:

- Why do you think a man from Israel who lived 2000 years ago is still talked about today?
How did his name become a swear word?

Question #3 - What parts of the life of Jesus stand out to you?

Supporting Questions:

- Is there any specific story or message about Jesus that stands out to you? (Examples from the episode: He healed a man with leprosy, He healed a crippled man and forgave his sins, He was killed on a cross, and He appeared to Thomas after He came back to life.)
- Do you find anything about Jesus' life hard to believe?
- What do you think about His claim to be God?

Post Session Discussion (Optional):

- What did you think about today's episode? What stood out to you?
- How did you first hear anything about Jesus? TV? Family? Church?
- Why do you think the life of one man has had such an impact on the world?
(Whether you believe He was God or not.)
- What do you think about Jesus fulfilling hundreds of prophecies from books written hundreds of years before He was born? (prophecies about where He was born, how He was betrayed, how He died, etc)
- Author C.S. Lewis suggested that Jesus was either a liar trying to deceive people, a madman, or God? What do you think?



SMALL GROUP DISCUSSION GUIDE

EPISODE 3

CROSS: WHY DID JESUS DIE?

Question #1 - What is one of your most physically painful experiences?

Supporting Questions:

- Do you have any cool scars?
- Have you ever broken a bone?

Question #2 - How would you define sin? Do you see it in the world around you?

Supporting Questions:

- Do you think the problems of the world are getting worse or better?
- Who should decide what is right and what is wrong?
- Jason and Ben said that 'sin is not just in the world around us but also in each one of us.'
How do you feel about this idea?

Question #3 - Do you think there is a difference between the death of Jesus and other religious leaders, martyrs, or war heroes?

Supporting Questions:

- If yes, what is it? -or- If not, why?
- Does the death of Jesus have any personal meaning to you?
- Ben and Jason said that Jesus died for you and me because He loves us. What do you think about this idea?

Post Session Discussion (Optional):

- How did you feel about today's episode? - What stood out to you?
- Do you think you can sin without knowing it?
- Do you think it's fair to say that everyone has sinned?
- In this episode there were a few different pictures used to describe what Jesus did on the cross: a father welcoming his son home, a judge paying for his friend's crime, and a priest killing a lamb as a sacrifice. Which of these pictures stood out to you the most? Why?
- When Jason and Ben showed the "good person test", they said that God doesn't compare us to one another to determine if we are good or not ('God doesn't share our rating system').
What do you think about that idea?



SMALL GROUP DISCUSSION GUIDE

EPISODE 4

FAITH: HOW CAN I HAVE FAITH?

Question #1 - What is one of the scariest things you have ever done?

Supporting Questions:

- Have you ever done any extreme sports?
- What's the craziest thing you have ever done?

Question #2 - How can God love people no matter what they have done?

Supporting Questions:

- Do you have to obey rules for God to love you?
- Why is it hard for some people to believe that God loves them?
- Is there a limit to God's love and forgiveness?

Question #3 - If the water in the picture of the swimming pool represents a relationship with God, which person in the picture represents where you are at?

Supporting Questions:

- At any point in your life, would you have described yourself as a different person in the picture?

Post Session Discussion (Optional):

- What did you think about today's episode? What stood out to you?
- What does a 'step of faith' mean to you?
- What other things, besides God, do people 'put their faith' in?
- What do think it means to have relationship with God?
- Ben and Jason quoted Ephesians 2:8+9 "For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast." What stands out to you from this verse?
- Did this episode help you understand the ideas of grace and faith in any new ways?
- Why do you think people find it easier to believe that God loves others but hard to believe that God loves themselves?
- Can anyone be 100% sure that they will go to heaven?
- Jason and Ben defined repentance as a change of thinking that leads to a change of living. How does that compare to your previous understanding of repentance?



SMALL GROUP DISCUSSION GUIDE
EPISODE 5
PRAYER: WHY AND HOW DO I PRAY?

Question #1 - If you could be any Superhero who would you be?

Supporting Questions:

- Why?
- What would be the most useless superpower to have?

Recommended Option: Take a few extra minutes in this question break to have everyone mention both a highlight of the week and a low point of the week or a point of stress (these can become prayer requests at the end of the session). This could also be done over a meal or snack prior to playing the episode.

Question #2 - Why do you think people don't always get what they pray for?

Supporting Questions:

- Why would a loving God not always give people what they pray for?
- Is there any way to know for sure the difference between our prayers being answered and something working out as a positive coincidence?
- Have you ever looked back and been thankful that God didn't give you what you prayed for?

Question #3 - Have you ever tried praying? What did you pray for? What happened?

Supporting Questions:

- Did your family pray at all when you were growing up?
- In what situation could you imagine yourself turning to prayer?

Post Session Discussion (Optional):

- How did you feel about today's episode? What stood out to you?
- If God knows all of our needs, why should we pray about them?
- If you had to summarize the purpose of prayer, what would you say?
- Ben shared about how he felt after his parents split up and how after praying, even though the situation didn't change, something in his heart did. Have you ever had a similar experience where you felt God was near in a really hard time?
- What's the difference between Christian prayer and asking Santa for something at Christmas?
- What prevents us from praying?
- Is there a bad time and place to pray?



SMALL GROUP DISCUSSION GUIDE

EPISODE 6

BIBLE: WHY AND HOW DO I READ THE BIBLE?

Question #1 - What is one of your favourite movies or books?

*Besides the Bible.

Supporting Questions:

- Why? Tell the story.
- What is the worst movie you have ever watched?

Question #2 - Do you think the Bible has a purpose in the world today? What might it be?

Supporting Questions:

- In one word how would you describe your initial feeling towards the Bible?
- Do you think there is a difference between the Bible and a self-help book or magazine?

Question #3 - Have you ever tried reading the Bible before? How did it go?

Supporting Questions:

- Do you have any quotes from the Bible that have special meaning to you?
- Have you ever heard somebody teach from the Bible in a way that you connected with?

Post Session Discussion (Optional):

- What did you think about today's episode?
- What stood out to you?
- Why do you think the Bible is so popular?
- Why would governments not want the Bible in their countries?
- Has the Bible ever influenced your thoughts or actions?
- What do you think about the idea that the Bible is like a guide for living on earth?
- What do you think about the idea that the whole Bible points to Jesus?
- What do you think about the 6 tips Ben and Jason gave about reading the Bible? (Don't Flip and Point, Genre Matters, Ask Lots of Questions, Pray, Talk to People, and Put it into Practice)



SMALL GROUP DISCUSSION GUIDE

EPISODE 7

FOLLOW: HOW DOES GOD GUIDE US INTO FULL LIFE?

Question #1 - Have you ever been lost before? What happened?

Supporting Questions:

- What would you do if you ever did get lost and you didn't have a mobile phone with you?
- Would you like the idea of being stranded in the wilderness without technology or supplies?
- If you were lost in the wilderness and could bring 3 things with you, what would they be?

Question #2 - Are God's Instructions old-fashioned and irrelevant or do they still matter today?

Supporting Questions:

- Which of God's instructions, that you know of, do you wholeheartedly agree with and which ones do you disagree with?
- How could a book written so long ago still be helpful today?
- Do you think God's instructions bring freedom or inhibit freedom?

Question #3 - How do you feel about the idea that God has a plan for your life?

Supporting Questions:

- Do you think God controls our destiny or guides us or do we control our own destinies?
- How do you feel about the idea that God wants to guide you through life?

Post Session Discussion (Optional):

- How did you feel about today's episode?
- What stood out to you?
- Who do you ask for advice?
- How do you choose who to ask for advice?
- What would you tell a friend who told you they'd made a mess of their life?
- Do you find it hard to trust God with your future?
- How has your relationship with God impacted your actions, or the way you talk, or your thoughts?
- Jason and Ben talked about a few different ways that God speaks to us. Have you ever sensed God guiding you through any of the following:
 - The Bible
 - Your Conscience
 - Advice from Others
 - The Holy Spirit



SMALL GROUP DISCUSSION GUIDE

EPISODE 8

SPIRIT: WHO IS THE HOLY SPIRIT AND WHAT DOES HE DO?

Question #1 - If you were given a million dollars that you have to give away, what would you do with it?

*No tricks to get it back for yourself.

Supporting Questions:

- What is one of the best gifts you have ever gotten?
- Jason and Ben said they are bad at giving gifts. Do you think you are good or bad at giving gifts? Why?

Question #2 - What questions come to mind when you hear about the Holy Spirit?

Supporting Questions:

- What do you think about the idea that the Holy Spirit is not a force, but a person (in other words - has a personality)?
- The Bible uses many names when referring to the Holy Spirit. Do any of these stand out to you?
- Comforter/Counselor/Advocate
- Guide
- Teacher
- Spirit of Truth
- Spirit of Life
- Spirit of Wisdom
- Spirit of Adoption

Question #3 - Have you ever heard of or had any experience with God's supernatural gifts?

Supporting Questions:

- Have you ever felt like God was speaking to you?
- Have you, or someone you know personally, ever experienced a miracle?
- Have you ever had a strong feeling or sense of the love and presence of God?

Post Session Discussion (Optional):

- What did you think about today's episode? What stood out to you?
- How do you think the Holy Spirit help us in our relationship with God?
- Is there any way we can judge someone else's experience with the Holy Spirit; to know if it was "real" or not?
- Have you ever seen someone's life change so much that you couldn't deny it was God changing them?



SMALL GROUP DISCUSSION GUIDE

EPISODE 9

FILL: HOW CAN I BE FILLED WITH THE HOLY SPIRIT?

This session is meant to be done on the same day as, and as a follow up to, Episode 8. There are no discussion questions for this session. The episode itself is meant to be accompanied by a time of prayer. For more information on how to facilitate the prayer time, please see our third [Training Session Video](#).



SMALL GROUP DISCUSSION GUIDE

EPISODE 10

EVIL: HOW DO I RESIST EVIL?

Question #1 - Who is your favorite super villain?

Supporting Questions:

- If you were a super villain, what would your thing be? (riddles, traps, tricks..)

Question #2 - What are some common lies that people believe about themselves? Or about God?

Supporting Questions:

- What kind of lies do girls tell themselves? How about guys?
- Where do we get these lies from?

Question #3 - What can people do to fight against evil in their lives and in the world?

Supporting Questions:

- We can use our time, our talents, our money, and our influence to fight against evil in the world. Take a few minutes to talk about the ways that we can do good even though we may not have a lot of money.
- Can you think of any examples of one person making a big difference?

Post Session Discussion (Optional):

- What did you think about today's episode?
- What stood out to you?
- What is an example of evil at work in the world today?
- Ben and Jason said that the devil has three main tactics: to lie to us, accuse us, and tempt us. Can you think of a time in your life when you've experienced one of these?
- Jason and Ben mentioned there is often a spiritual struggle as we get closer to God. Have you experienced this in any way as you've begun your spiritual journey?



SMALL GROUP DISCUSSION GUIDE

EPISODE 11

HEALING: DOES GOD HEAL TODAY?

Question #1 - What is your most embarrassing moment?

Supporting Questions:

- Do you embarrass easily?
- What is the most embarrassing thing you have ever seen happen to someone else?

Question #2 - Do you believe that God heals people today? Why or why not?

Supporting Questions:

- What do you think about Krystal's story?

Question #3 - Take a few minutes to talk about any experiences you may have had with sickness and healing.

Supporting Questions:

- Have you ever prayed for someone to be healed? What happened?
- Have you ever been sick or injured and had someone pray for you to be healed?
- Have you heard of anyone being healed supernaturally?
- Physical healing isn't the only type of healing someone can experience. What are some other ways someone could be healed?
- How do we make sense of the times God doesn't heal someone when we ask?

Post Session Discussion (Optional):

- For this session, there are no additional questions for small group discussion because we want to encourage you to facilitate a time as a group (large or small) to pray for people to receive healing. Watch the training session "Prayer Ministry" for some ideas on how to facilitate this.



SMALL GROUP DISCUSSION GUIDE

EPISODE 12

CHURCH: WHAT ABOUT CHURCH AND TELLING OTHERS?

Question #1 - What is your favorite viral video?

Supporting Questions:

- What makes certain videos so popular?

Question #2 - Is it okay to tell others about Jesus? What stops people from doing it?

Supporting Questions:

- What do you think is a respectful way to talk to others about Jesus?
- Have you ever had a negative experience with this?
- Or have you ever had a good experience with this?

Question #3 - Do you see any value in being part of a church?

Supporting Questions:

- Do you notice any difference in people you know who go to church?
- Can attending church be a negative thing?

Post Session Discussion (Optional):

- What did you think about today's episode?
- What stood out to you?
- Why do you think that church has managed to grow in spite of so much persecution and opposition?
- What do you think about the idea that "church is people, not a building"?
- What would you say to someone who is afraid of people knowing that they are a Christian?
- Has your time at Alpha impacted your perspective on faith, life, and Jesus? If yes, how?
- Is there anyone in your life that you think would enjoy an opportunity to be part of Alpha?

Guest Feedback Form: During this final small group time, distribute a copy of the Feedback Form to each person and allow time to complete the questions before everyone leaves. Use the responses to help you improve the experience for future guests.

