

## An Alpha Session

Whether held in the morning or evening, all Alpha sessions share these common elements:



### Good Food

Each Alpha gathering begins with a meal or snack. This is a time of fun and relaxation in a casual atmosphere.



### Alpha Talk

Following the meal, there is a short video talk exploring various aspects of the Christian faith.



### Discussion

Guests break into small groups where everyone is welcome to share thoughts and ask questions in a non-judgmental, relaxed setting.

## Alpha explores these questions:

Is There More to Life Than This?

Who is Jesus?

Why Did Jesus Die?

How Can I Have Faith?

Why and How Do I Pray?

Why and How Do I Read the Bible?

How Does God Guide Us?

Who is the Holy Spirit?

What Does the Holy Spirit Do?

How Can I Be Filled with the Holy Spirit?

How Can I Resist Evil?

Does God Heal Today?

What About Church?

What About Telling Others?