



Alpha Youth
DISCUSSION

GUIDE



Welcome to the **NEW** Alpha Youth Series!

Alpha Youth helps you create a space for young people to have meaningful conversations about life, faith and purpose.

This new series creatively unpacks the real questions young people have. It consists of 10 sessions and introduces the core ideas of the Christian faith in a relevant and engaging way. Each session covers a different topic of the Christian faith with plenty of time to connect and meet new people.

Here's the secret about Alpha Youth: small groups are the most important part. The impact is because of people like you; small group hosts who take the lead and spark a conversation where young people feel heard, respected, and loved. That's what they will remember and that's what will impact their lives.

So, what is new in this latest Youth Series?

- 10 sessions run over 8 weeks
- New shorter sessions
- Created by youth for youth
- 8 new Gen Z international hosts
- New experts, stories and interviews
- New animation and visual styles

What Are the Topics in the Alpha Youth Series?

SESSION 01: Welcome to the conversation (Launch Party)

SESSION 02: Jesus is...?

SESSION 03: What does real love look like?

SESSION 04: Why would I want a relationship with God?

SESSION 05: What does a relationship with God look like?

SESSION 06: Who is the Holy Spirit?

SESSION 07: How can I be filled with the Holy Spirit?

SESSION 08: How does God help us overcome evil?

SESSION 09: Does God heal today?

SESSION 10: What happens next? (The Finale)

Alpha Youth is a place for guests to explore faith on their own terms. Everyone is welcome – no matter their background or beliefs.

Join us for the most exciting journey of your life!

Everyone. Is. Invited!

How Will This Guide Help You?

This Discussion Guide is a tool that can help every small group host on Alpha Youth. Each chapter corresponds to a session and highlights the important points, helps you remember the key Bible verses, provides you with loads of intriguing discussion questions to keep things lively and includes a “Keep In Mind” section to remind you of the best practice during each session. Use it to get an idea of where the session is going and what’s been covered. It’s designed to help you, not limit you. Think of it as a springboard to help you take the conversation further than you could without it.

Questions and Supporting Questions

Each session of the series is designed to be paused a few times for group discussion, which is prompted by street interviews and on-screen questions. We’ve highlighted these questions in the discussion guide, so you know what’s coming and where you are in the session. In addition to the questions on screen, we have included several supporting questions to help you keep the chat alive, so you don’t have to worry about the conversation drying up too quickly. Don’t feel limited to these. You can be creative and throw some other questions into the mix.

One of the translations we’ve used in the series is the New International Reader’s Version (NIRV). The NIRV is a simplified version of the New International Version (NIV) of the Bible. It is designed to be easier to understand and read, particularly for young people and those who are new to reading the Bible.

Register online at Alpha.org/Youth

If you haven’t already, register your Alpha Youth course online. By registering, you will be given free access to a suite of support materials to help you plan, promote and run this exciting new Alpha Youth Series.

Tips and Guidelines for Hosting Discussions

Alpha Youth is a journey. The more time you

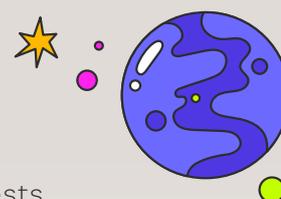
spend together as a group, the more your guests will feel free to open up and share their opinions.

Discussion in small groups is the most important part of every Alpha Youth session. Hosting a discussion on Alpha Youth is not about re-teaching any of the content from the session – the goal is to create a safe place where everyone can share their thoughts and feelings openly and honestly, and ask questions. Remember, the Discussion Guide is just a guide. Use these questions to initiate conversation and bring it back on track when needed.

*Be sure to watch the training videos on our **Alpha Youth Training Suite**. These include how to host a small group and how to pray with your guests, as well as weekly briefings to help you be the best possible host.*

Tips for Hosts

- Remember names
- Pray
- Be committed
- Show up early to welcome guests
- Stay long enough to chat with guests afterwards
- Keep the conversation alive and balanced
- Be encouraging
- End on time
- Make time to have a quick debrief with your Alpha Youth team to celebrate wins, chat about challenges and share prayer requests.



Guidelines for the Group

Mention these things to your group at the start of the course, and perhaps again as a reminder during the course.

- You don’t have to talk if you don’t want to
- You can ask or say just about anything (as long as you aren’t putting other people down or preventing others from talking)
- Respect each other by listening and allowing different opinions
- Keep things confidential when you leave the group (unless there is a safeguarding risk).



Welcome to the Conversation

You're invited! Session 1 helps create the space to ask life's big questions around purpose and explore what truly matters. We will explore:

- Happiness
- Living life to the full

KEY BIBLE VERSES

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

– JOHN 6:35, NIV

"I have come that they may have life, and have it to the full."

– JOHN 10:10, NIV

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

– JOHN 14:6, NIV

Keep in Mind

- "The Welcome" is a great way help your guests feel at home and included. Keep an eye out for guests that have come alone or seem especially nervous. A small gesture of recognition and a friendly face can go a long way.
- For a lot of young people, this is the first time they are hearing a lot of Christian words and phrases. Check regularly with your guests if there are any words or phrases they don't understand.
- We have created playlists that you can use for

Discussion Questions

Q1 *What makes you happy?*

SUPPORTING QUESTIONS

- What could you not live without?
- What do you need to change in order to be happy?

Q2 *If you had 24 hours to do anything you wanted, what would you do?*

SUPPORTING QUESTIONS

- What's something you've always wanted to do? (your bucket list)
- Where have you always wanted to travel?

Q3 *If God exists, what would you ask?*

SUPPORTING QUESTIONS

- Why would you ask that?
- Why do young people sometimes find it awkward to talk about big life questions?

your session. Some are for the start as people arrive, and others to have in the background during conversations. Head to MyAlpha to access.

- When you launch Alpha Youth, don't forget to use the hashtag **#AlphaYouth** on social media so we can repost and share with other youth around the world.
- *Welcome to the Conversation* is a launch party – a lot of young people have invited their friends, and we want to do everything to create a fun and welcoming environment.

Discussion Questions

Q1 *If you were famous, what would you want to be known for?*

SUPPORTING QUESTIONS

- Have you ever met a celebrity in person?
- If you could meet any celebrity, who would it be and why?

Q2 *How do you know if something is true?*

There is no discussion break after this vox pop. We suggest returning to the question after the episode.

SUPPORTING QUESTIONS

- Do you think you should believe everything you see on social media?
- Can you think of some really weird but true facts?

Q3 *Why do you think Jesus is so famous?*

This question is not in the video. We suggest you discuss this question after the episode.

SUPPORTING QUESTIONS

- What is Jesus most known for?
- What stands out most to you about Jesus?



Jesus Is ... ?

This session explores who Jesus was and is – through history, his teachings, and his goodness. There's evidence to suggest Jesus was more than a great religious teacher. His life, death and resurrection is the centrepiece of the Christian faith. The resurrection not only suggests that God exists, but also that God has revealed himself through Jesus. We will explore:

- What we know about Jesus from history
- The goodness of Jesus
- Jesus' teaching
- Jesus is God
- Jesus' death and resurrection

KEY BIBLE VERSES

"I and the Father are one."

– JOHN 10:30, NIV

When evening came, Jesus said to his disciples, "Let's go over to the other side of the lake." And they took him along in a boat, just as he was. A wild storm came up. Waves crashed over the boat. It was about to sink. Jesus was in the back, sleeping on a cushion. The disciples woke him up. They said, "Teacher! Don't you care if we drown?" He got up and ordered the wind to stop. He said to the waves, "Quiet! Be still!"

Then the wind died down. And it was completely calm. He said to his disciples, "Why are you so afraid? Don't you have any faith at all yet?" They were terrified. They asked each other, "Who is this? Even the wind and the waves obey him!"

– MARK 4:35–41, NIRV

Keep in Mind

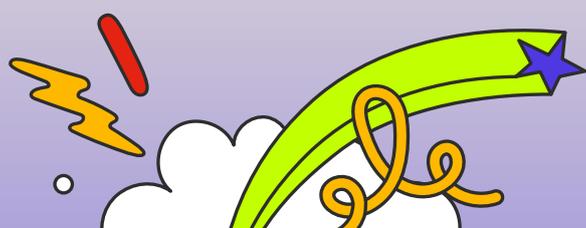
- Some guests will join Alpha Youth on Session 2. Be on the lookout for new faces and if needed, encourage the group to go around and introduce themselves.
- This is a good time to remind your group of the guidelines mentioned at the start of the course:
 - You don't have to talk if you don't want to
 - You can ask or say just about anything (as long as you aren't putting other people down or preventing others from talking)
 - Respect each other by listening and allowing different opinions
 - Keep things confidential when you leave the group.



What Does Real Love Look Like?

A look at the meaning of real, unconditional, sacrificial love, exploring sin, forgiveness, and God's amazing grace. We will explore:

- The problem – sin and separation
- The solution – why did Jesus die?
- The result – a relationship with God



KEY BIBLE VERSES

God so loved the world that he gave his one and only Son. Anyone who believes in him will not die but will have eternal life.

– JOHN 3:16, NIRV

All have sinned and fallen short of the glory of God.

– ROMANS 3:23, NIV

The story of the lost son:

LUKE 15:11–32, NIV

But here is how God has shown his love for us. While we were still sinners, Christ died for us.

– ROMANS 5:8, NIRV

Discussion Questions



Q1 What makes you feel loved?

SUPPORTING QUESTIONS

- Can you think of a few ways young people feel loved?
- How do you express your love to others?

Q2 Where do you see evil in the world?

SUPPORTING QUESTIONS

- Where do you see evil in your school, your city, your country, the world?
- Do you think there are big sins and small sins?

Q3 What does forgiveness mean to you?

There is no discussion break after this vox pop. We suggest returning to the question after the episode.

SUPPORTING QUESTIONS

- Why do you think the Bible tells us to forgive other people?
- How easy is it for you to forgive someone when they hurt you?

Keep in Mind

- At the end of the episode, there's an opportunity for anyone who might want to start a relationship with God to repeat a prayer. Some might be open, others might be hesitant, and a few might not want to engage. Encourage hosts to be aware of this moment and open to the conversation. There should be no pressure on anyone to respond if they don't want to.

Discussion Questions

Q1 *What do you think good friendship looks like?*

SUPPORTING QUESTIONS

- Why do we need friends?
- What do you feel when you hear that Jesus calls you friend?

Q2 *What do you think about the idea of having a relationship with God?*

SUPPORTING QUESTIONS

- How would a relationship with God be different from a relationship with someone else?
- How might a relationship with God impact our actions and how we live?

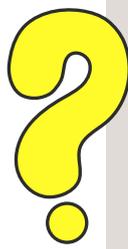
Q3 *What's the most meaningful gift someone has given you?*

SUPPORTING QUESTIONS

- Do you think God loves you? Why do you think so?
- How do you feel about God's invitation to begin a relationship with him?

Keep in Mind

- We continue to look at what it means to have a relationship with God and the transformation he brings to our lives. Some guests might have chosen not to take this step in Session 3, but are open to it now. Be responsive to anybody who might want to say a prayer to begin a relationship with God this week.



Why Would I Want a Relationship With God?

From everyday friendships to a relationship with God – this session explores what it means to be invited into a relationship with God and how it transforms and changes us. We will explore:

- What is true friendship?
- God's unconditional love
- How does a relationship with God change us for the better?

KEY BIBLE VERSES

"... I have called you friends."

– JOHN 15:15, NIV

Nothing at all can ever separate us from God's love. That's because of what Christ Jesus our Lord has done.

– ROMANS 8:39, NIRV

... anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

– 2 CORINTHIANS 5:17, NLT

God began a good work in you ... And ... he will carry it on until it is completed.

– PHILIPPIANS 1:6, NIRV



What Does a Relationship With God Look Like?

In this session, we build on Session 4 and explore the practical and the personal ways we can grow our relationship with God through prayer, the Bible and worship. We will explore:

- Why pray?
- Why read the Bible?
- How worship is a way of expressing love for God
- An invitation to try praying together

KEY BIBLE VERSES

"Ask, and it will be given to you."

– MATTHEW 7:7, NIRV

God has breathed life into all Scripture ...
[it] is useful for teaching us what is true ...
for correcting our mistakes ...
for training us to do what is right.

– 2 TIMOTHY 3:16, NIRV

But God chose you to be his people ...
You are God's special treasure.

– 1 PETER 2:9, NIRV

Discussion Questions

Q1 *If you could spend time with anyone in the world, who would it be?*

SUPPORTING QUESTIONS

- Why would you spend time with them?
- What would you say to them?

Q2 *If God exists and you could have a conversation with him, what would it be about?*

SUPPORTING QUESTIONS

- How do you think young people talk to God?
- Does God care about everything in your life?

Q3 *What do you think about the Bible?*

SUPPORTING QUESTIONS

- Do you think the ideas in the Bible are old-fashioned or outdated?
- Have you ever tried reading the Bible? How did it go?

Keep in Mind

- We're halfway through Alpha Youth – thank you for all hard work in providing space for your guests to be themselves and explore faith!
- In this session we look at growing a relationship with God through prayer and reading the Bible. We also introduce the topic of musical worship. This is a great time to ask guests if they are familiar with worship and explain what it means, in preparation for Alpha Youth Day.

Discussion Questions

Q1 *If you could have one superpower, what would it be?*

SUPPORTING QUESTIONS

- Who is your favourite superhero?
- What is the worst superpower?

Q2 *Who do you turn to for help?*

There is no discussion break after this vox pop. We suggest returning to the question after the episode.

SUPPORTING QUESTIONS

- How do you feel about the idea that God is present with us through his Holy Spirit?
- Have you ever had someone pray with you? Did you feel something?

Q3 *Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Which of these nine things do you think the world needs more of?*

There is no discussion break after this vox pop. We suggest returning to the question after the episode.

SUPPORTING QUESTIONS

- What do you think about the Holy Spirit giving us courage to tell others about Jesus?



Who Is the Holy Spirit?

This session gives an introduction to the topic of the Holy Spirit and how he works in us. The Holy Spirit was present at the creation of the universe. When God created humankind, made in his image, it was the Spirit of God that breathed life into them. We will explore:

- Who is the Holy Spirit?
- What could the Holy Spirit do in my life?

KEY BIBLE VERSES

But the Father will send the Friend in my name to help you. The Friend is the Holy Spirit. He will teach you all things. He will remind you of everything I have said to you.

– JOHN 14:26, NIRV

Suddenly a sound came from heaven. It was like a strong wind blowing. It filled the whole house where they were sitting. ... All of them were filled with the Holy Spirit. They began speaking in languages they had not known before.

ACTS 2:1–4, NIRV

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.

Against such there is no law.

– GALATIANS 5:22–23, NKJV

The Holy Spirit is given to each of us in a special way. That is for the good of all.

– 1 CORINTHIANS 12:7, NIRV

Keep in Mind

- To set up your space for the Alpha Youth Day, use fun items, props or decorations. There are free decoration templates available on MyAlpha.
- At the end of Session 7, there will be an opportunity, for those who want to, to pray and ask the Holy Spirit to come and fill their hearts with God's love. During this time, you can have live worship or use one of our worship resources found on MyAlpha.



How Can I Be Filled With the Holy Spirit?

This session builds on session 6 and looks at how we experience God's love through the Holy Spirit and the gifts of the Spirit. At the end of the session, there will be an opportunity to encounter the Holy Spirit. We will explore:

- What does experiencing the Holy Spirit look like?
- Common barriers to being filled with the Holy Spirit
- An opportunity to encounter – the Holy Spirit is available to anyone who asks



KEY BIBLE VERSES

God's love has been poured out into our hearts through the Holy Spirit.

– ROMANS 5:5, NIV

I pray that your love will have deep roots. I pray that it will have a strong foundation. May you have power ... to understand Christ's love.

– EPHESIANS 3:17-18, NIV

"Ask, and it will be given to you. Search, and you will find. Knock, and the door will be opened to you. Everyone who asks will receive. The one who searches will find. The door will be opened to the one who knocks."

– MATTHEW 7:7-8, NIV

Discussion Questions

The small group time at the end of the session provides an opportunity for guests to experience God's love through the Holy Spirit and to be prayed for if they would like.

Review the training video on Prayer Ministry and the Holy Spirit before this session.

Keep in Mind

- To set up your space for the Alpha Youth Day, you can use fun items, props or decorations. There are free printed decoration templates available on MyAlpha.
- At the end of this session there will be an opportunity, for those who want to, to pray and ask the Holy Spirit to come and fill their hearts with God's love. During this time, you can have live worship or use one of our worship resources found on MyAlpha.
- Have hosts on hand to pray with people but also to hang out with those who do not wish to pray. It's important that the young people feel free not to take part and yet not feel left out.
- Remind the young people that if they weren't ready to pray this time, that's ok; they haven't missed out. They can pray, 'Come Holy Spirit' anytime, anywhere, not only on Session 7 of Alpha Youth.

Discussion Questions

Q1 *Who is the most evil movie villain of all time and why?*

This question is used as an introduction. We suggest using it as an icebreaker before playing the episode.

SUPPORTING QUESTIONS

- Why do you think bad things happen?
- If you could solve just one of your town's/city's biggest problems, what would that be?

Q2 *Have you ever been lied to? How did it feel?*

SUPPORTING QUESTIONS

- Do you think the devil tells a lot of lies? If so, can you give an example?
- How do you learn not to believe the devil's lies?

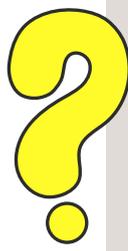
Q3 *What can young people do to fight against evil in the world?*

SUPPORTING QUESTIONS

- Who is someone you look up to that is impacting the world in positive ways?
- How can a group like us make a positive difference in our communities?

Keep in Mind

- At the end of the small group discussion, you could use this as another opportunity to pray. If you haven't yet, then today is the day!



How Does God Help Us Overcome Evil?

Here we discuss what evil is, where we see it in the world, and what the Bible says we can do to face it and overcome it. We will explore:

- What really is evil?
- What tactics does the devil use?
- What do Christians believe?
- How do we arm ourselves against the forces of evil?
- How do we fight evil in our world?

KEY BIBLE VERSES

So put on all of God's armour. Evil days will come. But you will be able to stand up to anything. And after you have done everything you can, you will still be standing. So remain strong in the faith. Put the belt of truth around your waist. Put the armour of godliness on your chest. Wear on your feet what will prepare you to tell the good news of peace. Also, pick up the shield of faith. With it you can put out all the flaming arrows of the evil one. Put on the helmet of salvation. And take the sword of the Holy Spirit. The sword is God's word.

– EPHESIANS 6:13-17, NIRV

Resist the devil, and he will flee from you. Come near to God, and he will come near to you.

– JAMES 4:7-8, NIV



Does God Heal Today?

God invites us to play a part in bringing healing to others. The Gospels are full of stories of how Jesus healed people miraculously. In this session, we look at what healing is, how healing is presented in the Bible and how we play our part. We will explore:

- What is healing?
- Healing in the Bible
- How we play our part

KEY BIBLE VERSES

“I am the Lord who heals you.”
– EXODUS 15:26, NIRV

Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness.
– MATTHEW 9:35, NIRV

At sunset, the people brought to Jesus all who had various kinds of sickness, and laying his hands on each one, he healed them.
– LUKE 4:40, NIRV

The prayer offered by those who have faith will make the sick person well. The Lord will heal them.
– JAMES 5:15, NIRV

Discussion Questions

Q1 What tech would you love to see invented?

This question is used as an introduction. We suggest using it as an icebreaker before playing the episode.

SUPPORTING QUESTIONS

- What do you think is the worst invention ever made?
- Other than your phone, laptop, tv or tablet, what piece of technology do you use the most?

Q2 Does God heal people today? Why or why not?

SUPPORTING QUESTIONS

- Physical healing isn't the only type of healing someone can experience. What are some other ways someone could be healed?
- Why do you think God doesn't always heal someone when we pray?

Keep in Mind

- There is an opportunity, at the end of this session, for guests to receive prayer for healing, if they would like to. It is important to make this a priority for the small group time, and using the discussion questions if you have time left over.
- “Why are some prayers not answered?” is a question guests might have in response to this episode. If and how you respond will depend on your context, but this could be something to continue journeying with your guests after Alpha Youth and along with your leader, pastor or priest.

Discussion Questions

Q1 *What has been your experience of Alpha?*

SUPPORTING QUESTIONS

- What was your favourite moment of Alpha?
- Did anything surprise you about your experience of Alpha?

Q2 *What has been your experience of church?*

SUPPORTING QUESTIONS

- What are some misunderstandings that young people have about the Church?
- What do you think about the idea that “church” is the people, not the building?

Q3 *What's the best news you've ever received?*

SUPPORTING QUESTIONS

- Is there a “right” or “wrong” time to talk about faith with people?
- Why do you think it can be awkward to talk about things like faith, spirituality and religion?

Keep in Mind

- This is the Alpha Youth finale where we look at what's next! This session is a celebration, so just like the launch at the very start, think about how you can make this one special. As Alpha Youth comes to an end, encourage and empower your guests and pray that this will be the start of an exciting adventure with God.



What Happens Next?

The church is the family of God. It's people, not a building. It's a movement of hope and love. We are all invited to live out our faith in community with other believers. God works through the church to extend love to the whole world. The final session in the series looks at Church, community and what's next after Alpha Youth. This isn't the end; Alpha Youth is just the start. We will explore:

- Church as community and family
- What does church look like?
- Why should I tell others?
- How do I tell others?

KEY BIBLE VERSES

So you are no longer outsiders and strangers.
You are citizens together with God's people.
You are also members of God's family.

– EPHESIANS 2:19, NIRV

You are the body of Christ.
Each one of you is a part of it.

– 1 CORINTHIANS 12:27, NIRV