
Life:

Is this it?

DISCUSSION GUIDE

The Discussion Guide has three parts:

- **Discussion Questions** - The three main questions included in the episode (the moments where you pause for discussion). There are also additional supporting questions to keep the conversation going.
- **Episode Summary** - A short summary that highlights the big ideas, key quotes and scriptures.
- **Tips & Guidelines for Hosting Discussion** - Guidelines for hosts and helpers as they lead discussion each week. Read this at least once and maybe a second or third time during Alpha as a reminder.

Q1

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

**Imagine money is limitless and travel is instant.*

**If you haven't already, give everyone a chance to introduce themselves.*

**Keep it light. There will be time to get to the deeper stuff later.*

SUPPORTING QUESTIONS

- What's something you have always wanted to do? (Bucket List)
- Where have you always wanted to travel?

Q2

What makes you happy?

SUPPORTING QUESTIONS

- What could you not live without?
- Have you ever had too much of a good thing?

Q3

If it turned out God existed after all, and you could ask one question, what would it be?

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

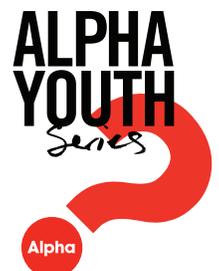
SUPPORTING QUESTIONS

- Where do people go to talk about these sorts of questions?
- Why do people sometimes find it awkward to talk about big life and faith questions?

MORE QUESTIONS

(Lots of groups leave 10-20 min after the episode is done for more conversation.)

- How did you end up at Alpha?
- What did you think/feel about this episode?
- What stood out to you from this episode?
- Do you have any hopes or expectations about doing Alpha?



Episode Summary

BIG IDEA

Alpha is an invitation to explore life's biggest questions and a chance to look at the life and message of Jesus. Every opinion and question is welcome.

KEY QUOTES & SCRIPTURES

In each one of our hearts, it's like we have a happiness bucket that we're constantly trying to fill.

Christianity, if false, is of no importance, and if true, of infinite importance. The only thing it cannot be is moderately important.

C.S. LEWIS

I am the bread of life.

JESUS (JOHN 6:35)

I am the way and the truth and the life.

JESUS (JOHN 14:6)

Tips & Guidelines for Hosting Discussion

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

Alpha is a journey. The more time you spend together as a group, the more people will feel free to open up and share their opinions.

GUIDELINES FOR THE GROUP

- 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 making it so others can't talk)
- Respect each other by listening and welcoming different opinions
- Keep things confidential when you leave the group

TIPS FOR HOSTS & HELPERS

- 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
- If time allows, debrief with your Alpha team to celebrate wins, chat about challenges and share prayer requests