

Session

# 2

Host/Helper Notes

## WHO IS JESUS?

## HOST AND HELPER NOTES

---

### SMALL GROUP COACHING



The topic, “Who is Jesus?,” can be more intellectual than next week’s session, “Why did Jesus die?” where we cover things like suffering and forgiveness. This can be one of the hardest sessions of Alpha. We are welcoming new guests and jumping straight into a conversation about Jesus. Every session is easier from here.

1. As you watch the video, write down anything that could be a good question. Encourage your group to do the same each week.
2. Recap people’s names from last week. See if someone is willing to try to go around and say everyone’s name and adjective.  
  
(Both online and in-person)  
Have new people introduce themselves, share why they came to Alpha, and an interesting fact about themselves.  
  
(Online) Ask people to change

their name in their video window to reflect their name from last week.

3. Review Alpha Ground Rules:
  - You don’t have to talk if you don’t want to, but we’d love to hear everyone’s thoughts.  
  
(Online) The chat function is fair game. Feel free to use this to share if you’re more comfortable.
  - Any question or comment is welcome. Please be brief and respectful.
  - Respect each other by listening and allowing different opinions. Feel free to ask each other follow-up questions if you’d like to hear more from them.
  - Please keep all information confidential when you leave this group.
4. Alpha team: Don’t overpower the conversation, and refrain



# DISCUSSION QUESTIONS:



## In-person Icebreaker:

Do you have a favorite t-shirt or piece of clothing?

What is it and why?



## Online Icebreaker:

Grab one item within reach

or in the room with you. What significance does that have for you?

1. What did you think (or feel) about the talk tonight?
2. This question was asked, “What makes you happy?” What sorts of things make you happy in life?
3. What do you think about Jesus? What thoughts do you have

about him?

4. If you had a chance to meet Jesus, how would you feel and what would you say to him? What would you want that encounter to be like?

Additional questions (if needed):

5. Before you heard the talk tonight, what was your concept of Jesus? Has it changed? If so, in what way?
6. What aspects of the evidence presented tonight did you find convincing/not convincing?

**Closing:** If the conversation seems to lag for the night, feel free to transition to talking about what everyone is going to do that coming week. Don't be afraid of silence, but try to end on a positive note. Do **not** end the group time with prayer.

## FOR HELPERS:

1. As a helper, your role is very important. You might want to share an occasional thought to keep the conversation going, but your focus should not be on speaking. Instead, silently pray and watch for anyone who might look like they have something to say.
2. (Online) Helpers can also utilize the chat feature to individually encourage people — to thank them for sharing or let them know you appreciate their insight. Be careful not to distract people with a long message.
3. If a few guests immediately take the conversation too deep with “churchy” answers, the helper can speak up as a bridge for those who have doubts. Here is an example of what we mean:

Host: “What do you think about Jesus?”

Guest: “He’s my Lord and Savior, my everything...”

Helper: “I don’t know. Sometimes I think it can be

normal to wonder if the stuff in the Bible is made up. I know I have had thoughts like that. I’d be curious to hear what other people think about Jesus.”

4. Helpers can respond with a question, struggle, or comment on the video if the conversation begins to lag.
5. Helpers can observe if people might have something to add, and invite them to comment with, “John, were you going to say something?”

We are **not** here to answer questions tonight. The guests are still getting a feel for the group, and they are going to be naturally looking for the “authority” who is the “leader.” We need to make sure that the hosts and helpers are not establishing themselves as the “answer people.” We are here to facilitate the conversation so that the guests feel safe to share.