

HOST AND HELPER NOTES





SMALL GROUP COACHING

BIG IDEA

In the topic, "Why did Jesus die?", we'll be talking about the cross and examining areas of guilt, forgiveness, and addiction.

- Use the beginning of small group time to build connections and relationships. Introduce people to each other, and welcome new guests. Keep the conversation non-religious, and work to engage guests in conversation with each other.
- 2. The goal is **not** to go through all of the questions in order. The goal is to engage and stimulate conversation about the topic!
- 3. Don't skip the icebreaker question: If you could go anywhere in the world for the weekend, where would you like to go? (This icebreaker leads to the theme of freedom and will

help you get to know people a little more).

- 4. Remember, no teaching in groups. The goal is to encourage guests to talk, so help them feel safe to express themselves in an open and honest way. We want to hear what they believe during the small group time.
- 5. Throw questions back to the group, such as, "Interesting! What does everyone else think?" A few key lines you may want to use to guide the group: "The problem of suffering is definitely a difficult one. In a later session of Alpha, we will talk about that a bit more deeply as well. What do you all think?" or, "I'm sorry you experienced that. It must have been very difficult."
- 6. Trust the process!
- 7. Keep upping your hospitality game! What else could your team do?

(Online) As groups grow closer, consider inviting guests to wear a crazy hat, eat their favorite dessert during Alpha, or share about a significant item from home.

(In-person) During the mealtimes, ask questions about the guest's lives and make note of their kid's (or dog's) names. Following up with questions and using their names is a powerful way to show you care.

- 8. Nicky Gumbel wrote a book called Searching Issues that tackles many of the core questions that come up on each week of Alpha. You may buy the book here or download it for free here.
- Speaking of books, in the <u>Alpha Guide</u> at the end of each session, there is a recommended reading list. You can direct guests to read more about a topic that is interesting to them.



GROUP GOAL

Greater group bonding.
Give people space and permission to reflect. This can be a week that hits the heart.

PERSONAL GOAL

Pray that each guest becomes aware that they are loved by God and that forgiveness is available.



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DISCUSSION **QUESTIONS:**

Icebreaker:

If you could go anywhere in the world for the weekend, where would you like to go?

- 1. How do people feel about the idea of forgiveness? What is it?
- 2. What did you think about the stories of forgiveness during the video?
- 3. Have you ever had to forgive anyone? How did you do it? (This is more personal but it's often easier to talk about someone else doing wrong to you).
- 4. Has anyone ever forgiven you? What did it feel like? (This is often more difficult, but sometimes you find people are able to open up and talk about things they've done wrong).
- 5. Where does guilt come from? What's the difference between false and real guilt, and why is that significant?

If you find conversations stalling, ask these questions:

- · Is there anything shared in the video that made you think or feel different than you did before you watched it?
- · After watching this video are there things you are feeling comforted by, resistant to, or curious to learn more about?
- What aspect of the video or our conversations stand out as having the most impact to you personally?

FOR HELPERS:

- 1. During times you are quiet during discussion, please be in prayer for our guests.
- 2. (In-person) A smile or nod to a more quiet guest can help them to share their thoughts. Never call on a quest to speak, but you can say, "Does anyone on this side of the room have something to add?"
- 3. (Online) Remember that you can help draw out some of the quieter guests by utilizing the chat.

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