



# ALPHA ONLINE 2020

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**HOSTS &  
HELPERS  
GUIDE**

**WEEK 6**  
Why and how  
do I pray?

# WHY AND HOW DO I PRAY?

The Discussion Guide has four parts:

**ICEBREAKERS** - Ideas to start making people feel comfortable before the video.

**DISCUSSION QUESTIONS** - Main questions you can use for discussion.

**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.

## Icebreakers (before video)

### IF YOU COULD HAVE A SUPERPOWER, WHAT WOULD IT BE?

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

See more icebreaker or online games ideas at the end of this guide.

## Discussion Questions (after video)

- It is often easy to start with: “Did anything from the episode stand out to you?”

### 1 WHY DO YOU THINK PEOPLE DON'T ALWAYS GET WHAT THEY PRAY FOR?

- What questions come to mind when you think about prayer?
- If you were in charge of answering prayers, how would you decide how to respond?

### 2 HAS ANYONE EVER TRIED PRAYING? HOW DID IT GO? (OR, DO YOU KNOW ANYONE WHO HAS TRIED PRAYING?)

- If you had to describe prayer to someone, what would you say?
- How do you feel about the idea that God is with us when we are struggling?

### 3 WHAT DO YOU THINK ABOUT THE IDEA OF GOD ANSWERING PRAYER?

### 4 FINISH WITH A SHORT PRAYER (IF APPROPRIATE)

Additional questions (if needed):

### 5 IF GOD KNOWS ALL OF OUR NEEDS, WHY DOES THE BIBLE TELL US TO PRAY?

### 6 HAVE YOU EVER GONE THROUGH A CHALLENGING TIME AND EXPERIENCED PEACE WHEN YOU PRAYED?

### 7 WHAT DO YOU THINK ABOUT THE TIPS ON PRAYER GIVEN? KEEP IT SIMPLE, KEEP IT HONEST, KEEP IT GOING.

# Episode Summary

## BIG IDEA

Simply put, prayer is talking with God. Jesus makes it possible for us to have a personal relationship with God. Just like all of our relationships, our relationship with God grows through communication. Through prayer, God transforms situations, gives us peace, changes our perspective and shows us more of what he is like.

## KEY QUOTES & SCRIPTURES

For through him [Jesus] we both have access to the Father by one Spirit.

**EPHESIANS 2:18**

You can pray about anything - little things and big things. God cares about everything, from what's happening in your family, to what's happening around the world.

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret will reward you.

**MATTHEW 6:6**

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**PHILIPPIANS 4:6-7**

When a train goes through a tunnel and it gets dark, you don't throw away the ticket and jump off. You sit still and trust the driver.

**CORRIE TEN BOOM**

## 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

# Icebreakers

Laughter is food for the soul! Here are some fun icebreakers you can use each week:



- Do you squeeze the toothpaste tube or roll it? What's the advantage of your method?
- When was the last time you square-danced or line-danced? Rate your dancing ability on a scale of 1 to 10.
- What's one fashion trend you hope never comes back? Which ones have come back that you wish hadn't?
- What magic tricks do you know? Perform one now.
- Do you have a collection? If so, what do you collect and why?

- Are you more inclined to "build your own empire" or "unleash the potential of others"? Explain.
- What's your preference: plane, train, boat, automobile, horse, or camel?
- What was your favorite recess activity: dodgeball, kickball, foursquare, hopscotch, freeze tag or jump rope?
- What's your pick: hang glide, sky dive, bungee jump, hot air balloon, or kite?
- What is one of your favorite souvenirs brought back from your travels? Where do you keep it?

- What is your favorite bumper sticker or t-shirt slogan?
- As a child, did you ever peek into a wrapped gift before you actually received it? Did you ever get caught? Explain the details.
- What room in your house best reflects your personality? Why?
- Who's the most famous person you've ever met? What famous person would you most like to meet?
- What's your favorite kind of candy?

- What's the wackiest belief you held as a child?
- Which movies have you watched over and over again?
- What do you admire most about your best friend?
- What items do you currently have stored in the trunk of your car?
- Are you an early bird or a night owl? Why?