Session 5

Team Huddle Notes

WHY AND HOW CAN I PRAY?



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WELCOME

We hope you find the team huddle notes helpful in preparing your hosts and helpers each week, whether your Alpha is meeting in person or online.

This guide is designed to give you ideas and relevant information to share with your team. We don't recommend utilizing this as a script, but rather a set of talking points.

If you are leading Alpha in person, you may want to ask the worship leader to prepare a song of worship for the prayer time. If you are doing Alpha online, you can screen share a song to help the team set their hearts on worship. YouTube has a great assortment of worship songs and videos that you can share during this time.

Plan for the team huddle to be roughly 20-30 minutes.

6-10 Minutes: Prayer

5 Minutes: Administration

10-15 Minutes: Small Group Coaching

If you are running your Alpha online, be sure to log in to MyAlpha and find this companion resource, Complete Guide to Alpha Online. You will find a list of other helpful links at the end of these notes.

We have created a separate pdf that includes icebreakers and discussion questions for your hosts and helpers. You can send it to your team in preparation for each week. Log in to MyAlpha "Materials" to find these host/helper notes.

Would you like to connect with and get to know other Alpha leaders? **Grow Alpha** is an online training opportunity to help uniquely equip and empower your Alpha team and leadership, while **Alpha Connect** provides an opportunity to connect with others who are running Alpha. Find out more here.

We are praying for you,

The Alpha Team

PRAYER WITH THE TEAM

This session talk is "Why and how can I pray?"

Ephesians 3:14-21 *"For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen."*

Pray for the guests to experience God's love in a very real way.

P - Pause

Invite the Holy Spirit to come, wait in silence, and welcome his presence.

R - Rejoice

Thank God:

- For the relationship we enjoy with him through prayer.
- For listening to and answering our prayers throughout Alpha so far.
- For the friendships forming in the Alpha groups.

A - Ask

Ask God for the guests:

- That excitement would stir around the Alpha weekend and guests would adjust their schedules to come.
- That they continue to share openly and honestly during group discussions.
- That they would take one step closer in prayer and relationship with God.
- That they would experience God's love in a real and relevant way.

Ask God for the team

- For favor when introducing the Alpha weekend in the small groups.
- For hosts and helpers as they model prayer for the first time in the small group. Pray each guest would think, "I can do that!"
- That the team, too, would experience God's love in a very real way.

Y - Yield

Yield to God and be encouraged. Whether many guests sign up for the Alpha weekend or only a few, it is a blessing to serve them and demonstrate the hospitality and love of God.

ADMIN

IN-PERSON | ONLINE

- The Alpha weekend will be _____.
- The team training for the Alpha weekend will be on _____. This training is very important for all hosts and helpers to attend. We will talk about how to pray for guests during the Alpha weekend, as well as week 9 when we look at "Does God heal today?".
- It would be good to have someone share their experience of having gone on the Alpha weekend (2 minutes or less) to help encourage guests to register. Take time to pray for them during the team huddle, as they may be nervous to share in front of the group. This is a great chance to honor them and for God to use their story to inspire others to attend the Alpha weekend.
- Take time tonight to talk about the Alpha weekend in your small groups. Start to think about carpooling if you are meeting in person, and ask people to save the date if they are doing Alpha online.
- If you are using worship songs for larger Alphas (groups of over 30 people), either live or a video, introduce a new song tonight, and plan to use this song on the Alpha weekend. Guests have told us that worship is difficult for them at first, but the songs stay in their minds, and especially on the weekend, it can be a conduit for the Holy Spirit's love.
- Be encouraged. Whether you have many guests or only a few, it is a blessing to serve them to the best of our ability. At Alpha, we are the hands and feet of Christ. Allow our love for Christ to pour out in your actions and care for our fellow team members and especially our guests. Thank you for your willingness to serve!



Notes

HOST AND HELPER NOTES


IN-PERSON


ONLINE

SMALL GROUP COACHING

BIG IDEA

This week, we are looking at "Why and how can I pray?". "Prayer isn't part of our relationship with Jesus, it is our relationship with Jesus. Without prayer we are religious but we don't have a relationship: a conversational, interactive relationship with the living God." Pete Greig.

1. The key tonight is to pitch the questions low. Don't start by saying, "Isn't prayer exciting?!" Some will find it exciting but not everyone will, so pitching the bar low is crucial. Ask, "Has anyone ever tried praying?" or "Has anyone ever known anyone who has tried praying?"
2. Remember that most people have something to say on the subject, so give space for people to talk about their experiences.
3. (In-person) You may want to consider praying at the close of your group tonight. If you think your group is ready to pray, you can say, "I will begin our time of prayer, and I have asked Tom [choose one of the helpers in advance] to end the prayer time." Then, keep your prayer very basic, such as, "Lord, I thank you for the beautiful weather today."

   (Online) You may want to consider praying at the close of your group tonight. If you think your group is ready to pray, say, "I will begin our time of prayer, and I have asked Tom [choose one of the helpers in advance] to end the prayer time. Unmute your mic if you want to give prayer a try." Then, keep your prayer very basic, such as, "Lord, I thank you for the beautiful weather today."
4. The goal is for everyone to see that prayer can be simple. You don't need fancy words, a long prayer, or a certain voice. Keep your prayer very basic.
5. There is no pressure with Alpha, so everyone is free to pass if they don't feel comfortable praying.
6. One helper should hold back and not pray out loud, just in case one guest also does not pray out loud. This will help the guest to not feel alone.



GROUP GOAL
Introduce prayer in a way that is accessible to all guests.

PERSONAL GOAL
For guests to take a step to grow in personal, daily prayer.

DISCUSSION QUESTIONS:

Icebreaker:

How do you prefer to communicate with people: phone, text, Instagram, or another way?

1. What did you think or feel about the talk?
2. Have you ever tried praying, or do you know anyone who has tried praying?
3. How did it go?
4. What do you think about the idea of God answering prayer?
5. Have you ever prayed and a coincidence happened?
6. In the talk, various reasons for praying are given. Which of these do you relate to and why?

Notes

Helpful links: Start by logging in to MyAlpha

1. Alpha Best Practice Videos - https://run.alphausa.org/training/7-best-practices
2. Learning Center - https://run.alphausa.org/training
3. Complete Guide to Alpha Online - https://run.alphausa.org/training/running-alpha-online-new/complete-guide-to-alpha-online-pdf-new

We'd love to hear from you.

Thank you for running Alpha! We are praying for you and your team.

Please contact **1-800-Do-Alpha** or email us at **questions@alphausa.org** if you need any further information or support.

We'd also love to hear your Alpha stories. Submit your stories at **alphausa.org/share-your-story.**

