

Getting started roadmap



You may not feel ready to start Life Essentials, but this resource is designed to be as easy as possible to run. Just give it a go!

1

Pray

Pray and discern when you want to run Life Essentials and with who. Ask the Holy Spirit to guide you.

2

Connect

Contact the Alpha Ireland team to arrange a coaching call or simply to ask us to pray for you!

3

Check

Check out the materials, especially the training videos all available by download.

4

Train

Gather your team for a training and planning session. Use the training videos provided!

5

Invite

Invite young people to come and participate in Life Essentials

6

Ask

Never be shy to ask for help along the way! Go to alphaireland.org to book a call or email youth@alphaireland.org