

Grade 7 Alpha Session I

Episode I: LIFE-IS THIS IT?

Opening Prayer

Dear Lord,

Thank you for the opportunity to get to know You more completely. Please open our hearts and minds today as we start our journey with Alpha. Please help us show each other dignity and respect as we ask and answer questions, share our faith, share our doubts and through this sharing become closer to You. In Your Son's name we pray, Amen.

Welcome to our Alpha Fall Program!

We do not have a workbook but we would like you to keep your questions and answers in a folder for us to collect at the end of the series.

Ice Breaker Question: If you could only have one type of candy for the rest of your life, what would it be?

Watch Video Episode 1: Life-Is This It? (Running time: 20:59 mins.)

Questions will come up throughout the video. You can stop the video and answer them at that time. Some of the questions below are directly from the video and some additional discussion questions have been added.

Question 1: If you only had 24 hours left to live, what would you do?

Supporting Questions

- Imagine money is limitless and travel is instant.

Question 2: Why do you think people find it awkward to talk about their religious beliefs?

Supporting Questions

- Do you think there is an unspoken social rule that says, "keep religion and spiritual thoughts to yourself?"
- Do you ever talk about your thoughts about religious of God with your friends? Is it uncomfortable?
- Why do people think talking about religion can be offensive?
- "Christianity is a statement which if false, is of no importance, and if true, of infinite importance. The one thing it can't be is moderately important." C.S. Lewis. What do you think about this quote?

Question 3: Assuming God is real; if you could ask God one question, what would you ask?

Post Session Thoughts:

- Have you ever had a specific moment where you decided to trust Jesus?
- "Christianity is a statement, which, if false, is of no importance and if true, of infinite importance. The one thing it can't be is moderately important." What do you think of this statement? On a scale of 1 to 10, how important is Christianity? Why?
- "I came to give you life and life abundantly." What does that mean? Are you living your life abundantly? If not, what gets in the way?