

Host/Helper Notes

ALPHA WEEKEND

HOST AND HELPER NOTES

SMALL GROUP COACHING



BIG IDEA

The Alpha weekend is here. These talks look at the person and work of the Holy Spirit.

- Take time to review resource pages 1-3 at the back of the team huddle. These resources will help set the tone for respecting Alpha guests, relying on the Spirit, as well as practical steps to follow when praying for others.
- Trust in God. Take time to wait. Don't rush to fill the silence during the prayer time for guests.



GROUP GOAL

Deep friendships to strengthen and laughter to bring each group closer.

PERSONAL GOAL

For each guest to experience the love of the Father, the forgiveness of Jesus, and the filling of the Holy Spirit.

DISCUSSION QUESTIONS:

Session I - Who is the Holy Spirit?

1. Would you say that you are patient or that you hate waiting? What's something in your life that you have really had to wait for?
2. What did you think about the video? Did anything stand out to you?
3. How would you explain who the Holy Spirit is? What do you think about the idea that the Holy Spirit is a person?
4. How do you feel about the idea of relating to God through the Holy Spirit? How would you say you currently relate to the Holy Spirit? What might it look like to have a closer relationship with the Holy Spirit?
5. What do you think about the idea of having a "soft heart and

hard feet," instead of a "hard heart and soft feet"?

Session II - What does the Holy Spirit do?

Spend some time reading 1 Corinthians 12:4-11 and discuss:

1. If you could have any sort of "gift" or "skill," what would it be?
2. What do you think about each of these spiritual gifts? (Go through each gift.)
 - Make sure to cover the gift of prophecy and the gift of speaking in tongues, as these come up in talk three, "How can I be filled with the Holy Spirit?"
 - Refer to Resource #1 for an explanation of these spiritual gifts.
 - Help encourage openness to the possibility of the Holy Spirit moving in supernatural ways. For example, if people share about medical professionals having the gift

of healing, also ask, "What do you think about the possibility of the Holy Spirit healing supernaturally?"

- Hosts and helpers can offer their opinions and experiences once the guests have shared.
3. How do you feel about the idea of God giving us supernatural gifts?
 4. How do you feel about Paul's statement in 1 Corinthians 12:6-7, "God works in different ways, but it is the same God who does the work in all of us. A spiritual gift is given to each of us so we can help each other." How do you feel about this idea of having a spiritual gift to help others?
 5. Why does God give spiritual gifts to people? (v.7) For the common good, not for our glory.
 6. If time still remains, be sure to keep the discussion going.

A few questions to consider:

1. Are there any thoughts on the videos?
2. Have you ever experienced the Holy Spirit?
3. What does it mean to be a son or daughter of God? Tonight, make sure one helper does not pray out loud, just in case one guest also does not pray out loud. Then that guest will not feel alone.

Session III - How can I be filled with the Holy Spirit?

Offer to pray for each guest at the end of this session.

Session IV - How Can I Make the Most of the Rest of My Life?

Ask each member of the group, starting with the person who will be most open, to describe their experience of the weekend. This will create an environment for others to share their experience too. If appropriate, you may wish to offer an opportunity for the group to pray for one another.

Resource #1

GUIDE TO THE NINE GIFTS OF THE HOLY SPIRIT

1 Corinthians 12:4-11

“There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work. Now to each one the manifestation of the Spirit is given for the common good. To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to

another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. All these are the work of one and the same Spirit, and he distributes them to each one, just as he determines.”

- **The Gift of Wisdom** – the gift of knowing God and being confident in him.
- **The Gift of Knowledge** – the gift of knowing something about a person(s) that is already known to them, but not to you. This is why it is a gift from God, because only God could have revealed this piece of knowledge.
- **The Gift of Faith** – the gift of trusting God, trusting his promises, and encouraging others to do the same, no matter the circumstances.
- **The Gift of Healing** – the gift of God’s healing power to restore a person who is sick, injured, or suffering.
- **The Gift of Miracles (miraculous powers)** – the gift of instant healing or some other powerful manifestation of God’s power.
- **The Gift of Prophecy** – the gift of knowing something about a person(s) that they don’t currently already know. This can be Godly wisdom about present circumstances that they haven’t noticed/seen or a picture of what God is promising for the future.
- **The Gift of Discernment of Spirits** – the gift of identifying spiritual activity that drives thoughts, attitudes, and behaviors, which ultimately manifest in the natural realm.
- **The Gift of Tongues** – the gift of praying in the Spirit through a foreign or angelic language that you have no knowledge of how to speak on your own.
- **The Gift of Interpretation of Tongues** – the gift of translating tongues, either general or specific translation, spoken by yourself or by someone else.

Gifts of the Holy Spirit have these principles¹:

- The gift is given freely to the individual.
- While an individual may exercise a spiritual gift with frequency, the individual never personally possesses the power of the gift.
- The gift is exercised with the full consent of the will of the individual.
- The gift brings about God’s honor and glory.
- The gift is for the service of others.
- The gift is supernatural.

¹“Gifts of the Holy Spirit have these principles” is taken from page 27 of the book *Holy Spirit 101* by Victoria Harris.

Resource #2

PRACTICAL STEPS ON HOW TO PRAY FOR PEOPLE

Before Prayer

- Approach guests joyfully and naturally.
- If you don't know them, introduce yourself and find out their name.
- Ask if you can pray for them.
 - *If they say no*, respect their response and let them know they are welcome to watch. Make sure they are okay before you leave to pray for others.

- *If they say yes*, ask what they would like prayer for. Ask further clarifying questions if needed.
- Explain how you are going to pray.
- Encourage them to open their hands and close their eyes. Let them know that you are going to invite the Holy Spirit and wait. They don't have to do anything, but you can assure them that you will "check-in" with them during prayer.

During Prayer

Invite the Holy Spirit to come.

- Pray "Come, Holy Spirit," and ask the Holy Spirit to come in power. As you begin, you can praise God, "We praise you, Lord. Thank you that you love us and you want to speak to us."

Wait upon the Holy Spirit.

- Take some time to wait on the Holy Spirit. You may even want to say, "I'm now going to wait on the Holy Spirit."

- Don't rush. Silently ask God if there is anything he wants to do or say.
- Pay attention to words, pictures, scriptures, and prayers that come to your mind. Later, when you check in, you can share what you are sensing from God.

Ask in the name of Jesus.

- Pray for an outpouring of the Holy Spirit upon them, that they would know his love and receive his gifts.
- Watch for signs of the Holy Spirit moving. If you can see God is doing something in the guest, thank God, bless what he is doing, and ask for more.
- Pray for any requests mentioned at the start.

Check-in to see how they are doing.

- Ask questions like, "Do you feel anything?" or "Are you sensing God speaking to you?" or "Is there anything else coming up for you?"
- Words of knowledge or prophecy can be shared, such

as, "I get the sense the Lord might be saying..." or "I had a picture of...does this mean anything to you?"

- Repeat the above and continue to ask the Lord for any other needs that arise.

Ending Prayer

- Make sure it is clear when you have finished praying. Close with something like, "We praise you, Jesus, for listening and responding to our prayers, and we ask you to bless (person's name) and to continue to move in their life. In Jesus' name, Amen."
- If they are enjoying the presence of God, encourage them to stay in this posture of prayer and receive from him. Let them know you are going to leave and pray with others.

Resource #3

PRAYER POINTERS

We root ourselves in the Bible.

- The Spirit of God and the Bible never conflict.
- We can build our prayers on the Bible's promises. We can pray for...
 - Freedom from guilt (Romans 8:1).
 - Assurances of repentance (Psalm 51).
 - Release from fear (Psalm 91).
 - God's guidance (Psalm 37:5).
 - Power to overcome temptation (1 Corinthians 10:13).
 - Peace in times of anxiety (Philippians 4:6-7).
- Go on being filled with the Spirit (Ephesians 5:18).

We respect the guest.

- Make sure that each group member is offered the opportunity to receive prayer.
- Keep your eyes open, and watch what is happening. Often a person's face and posture during prayer will communicate a lot.
- Avoid intensity: no special "prayer voice," religious language, or eccentricity. We can pray joyfully and naturally.
- Avoid laying unnecessary burdens on guests. For example, "You lack faith."
- Avoid criticizing other denominations or churches.
- Confidentiality is key. This is a private conversation between you, the guest, and God. It is entirely up to the guest whether they share their experience.
 - *Exceptions are when something is shared that is harmful to themselves or to others. If you are in doubt,*

seek the advice of your Alpha leader or pastor.

We rely on the Spirit (aka relax and trust God).

- We can expect the Holy Spirit to come because Jesus promises the Holy Spirit to those who ask him (Luke 11:13). Refuse to consider that "nothing has happened."
- The Holy Spirit coming is not dependent on how eloquent our prayers are. We can pray simple prayers, such as, "Come, Holy Spirit," and "Thank you that you love (guest's name)."
- If you are unsure if anything is happening, you can just ask, "Is something happening?" or "Do you sense God saying something?"
- If someone wants to commit their life to Jesus, you can walk them through the simple prayer, "Thank you, Sorry, Please."
- Thank you: We believe that Jesus died for us on the

cross. Thank him for dying for you and for the offer of his free gift of forgiveness, freedom, and his Spirit.

- Sorry: Say "I'm sorry." Ask God to forgive you for all of the things you have done wrong and help you turn from everything that you know is wrong in your life. This is what the Bible means by repentance.
- Please: God never forces his way into our lives, but you can say, "Please fill me with your Holy Spirit," and accept that he will come and live within you by his Spirit.
- Continue to pray as you sense God's presence.

Notes
