**THE ALPHA COURSE**

Over 15 million people have now attended an Alpha Course, running in tens of thousands of churches of all denominations across the world.

The Alpha Course has been running for over 26 years, initially as a means of presenting the basic principles of the Christian faith to new Christians in a relaxed and informal setting. When former barrister Nicky Gumbel took over the course in 1990 he realised how this simple course could also appeal to non-churchgoers, and he adapted the course to give it the kind of feel that would suit this group.

Alpha spread as more and more churches and groups found it a helpful way to answer questions about the Christian faith in an informal setting. Many guests have never been to church, others may have attended occasionally but feel they have not really understood the basics of the Christian faith.

The weeknight course content comprises:

1. Who is Jesus?
2. Why did Jesus die?
3. How can we have Faith?
4. Why and how do I pray?
5. Reading the Bible.
6. How does God guide us?
7. How can I resist Evil?
8. Telling others
9. Does God heal today?
10. What about the Church?

And on the **Saturday away** the content is:

Who is the Holy Spirit?
What does the Holy Spirit do?
How can I be Filled with the Holy Spirit?
How can I Make the Most of the Rest of my Life?

**DISCIPLESHIP PROGRAMS - 2012**

The Hills Christian Family Centre will offer three Christian discipleship programs in 2012

- Search for Life
- Valiant Man
- The Alpha Course

Each course involves a commitment of about 2-2 ½ hours for 10 to 12 evenings, usually week-nights, with one Saturday also for the Alpha course about half way through the course. The particular weeknight can be agreed between participants. Each course offered involves about 45 minutes of video-based teaching followed by small group discussion of similar duration under the guidance of a facilitator.

The courses can commence anytime after the beginning of May, subject to the necessary 6 to 8 participants indicating their commitment.

Later in the year two further courses may be offered subject to demand, the Marriage Course, and Parenting for Children Under 11, both originating through Alpha.

Details regarding the various courses are outlined on the following pages. If you are interested in participating complete the slip below and contact Richard Sullivan.

Email: rsullivan@adam.com.au

Name: __________________ Contact Phone: _______

Contact Email: ________________________________

Course you are interested in: ___________________
Walk down any street near your church. Knock on any 10 doors and you will find marriage dysfunction, separation, divorce, family breakdown, the destructive forces of shame and guilt, performance orientation, addictive cycles, co-dependency, insecurity, self-rejection, grief, depression, chemical dependency, sexual abuse, sexual addiction, eating disorders and more. Whew!

When Jesus adopted Isaiah 61 as his job description (Luke 4:18, 19) he underlined one of the most basic realities about life - Christ came to heal and restore.

Helping our local communities find Christ through their brokenness remains one of the greatest untapped evangelistic tools available to the church today.

Careforce Lifekeys programs, designed and developed in Australia, address the issues of ordinary people, struggling with every day life, and are a powerful outreach tool. Yet Lifekeys is not just an evangelistic tool, it is also a profoundly important tool for church health and leadership development.

**SEARCH FOR LIFE**

This program is designed to identify the causes of many human tensions like anxiety, inadequacy and low self esteem, and the destructive patterns of behaviour these can cause. It identifies the universal human need for security, significance and relationship and offers participants practical answers for their individual life circumstances.

The program can be used with unchurched participants who are seeking answers to life’s questions like “Who am I?”, “Where did I come from?”, “What am I doing here?”, “Where am I going?”, and “How can I have a better life?”.

The program also helps Christians who struggle with the idea that God is a truly loving and trustworthy Father, and who through upbringing and family experiences have transferred a distorted view of fatherhood onto their image of God.

**VALIANT MAN**

This program developed by the same team who developed “Search for Life” is designed to fortify and restore the moral and spiritual integrity of men living in a sexualised world.

In these times the pressure to develop distortions in male sexuality is high, imperilling integrity, undermining spiritual vitality, endangering marriages, and all too often leaving women and children as victims. Learning to handle the pressures of male sexuality is one of the skills a man must acquire if he is to be successful in his personal life, home life and in his spiritual development.

The program is targeted at males from 17 upwards, and there is a separate companion program for women “Knowing Your Valiant Man” to help them understand their man and this program runs concurrently with the men’s course.

There is a cost of $20 for each Careforce Lifekeys program to cover the cost of the course manual.