



Cedar Center for
Discipleship
and Renewal
at Forward Movement

COMPARISON CHART

INTRODUCTION TO CHRISTIANITY COURSES

	Being With	Alpha	Pilgrim	Practicing the Way	Transforming Questions
Format	Small groups (up to 12 people), scripted, group reflection facilitated	In person includes meal or hospitality with video, scripts, reflection	Book based	Video and discussion based groups, highly customizable	Small groups, scripted
Timeline	10 weeks of 90 minute meetings	10-12 weeks of 90 minute meetings	Modular: two stages: “follow” and “grow,” with each year made up of four 6-week topics, totaling 24 sessions/stage. Likely 60-90 minute session	Options: -Book group -8 week course culminating in creating a Rule of Life -4 week course based on practices Likely 60-90 minute session	10 weeks of 90 minute meetings, can be abbreviated to shorter meeting

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Cost	Training: \$100 for one host, addl \$50 for two, includes all materials plus free downloads of publicity info; bespoke training avail. for groups, dioceses, etc.; leader book avail. for \$20-\$25; course is free for participants	Free; one could pay to go to conferences; would need funds for hospitality	Videos can be purchased on DVD or are available for free on youtube; packets of mini books are available in packets of 6, 25, or purchased solo for about \$10	Videos and training are free; The Core Book, Companion Guides, and individual practice booklet are available, ranging form \$10-26 each	Free download, with option to purchase bound version of the Participant guide, or the book version of the course for individuals or small groups
Affiliation, history	Developed by Sam Wells and Sally Hitchiner at St. Martin's-in-the-Fields, London, Church of England; now a non-profit	Developed by Nikki Gumbel, Priest in the Church of England (1970s); he is still involved in the leadership of it as a non-profit	Church of England, Church House Publishing	Developed by John Mark Comer and non-profit, the Circle; he fits within the evangelical and nondenominational traditions; draws from mystics and ancient sources	Forward Movement developed this resource

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Target audience	Inquirers, new Christians; the Core Course is in use with youth as well	Inquirers, new Christians; there is a youth version as well	Inquirers, Baptizands or Confirmands, people returning to the Church	Broad spectrum: inquirer to practicing Christian; small groups, whole churches	Inquirers, new Christians, has been used for Confirmation and with youth
Training	For facilitators: three required 90-min Zoom sessions; follow-up training offered after having run one course; weekly prep is minimal - review scripts & prepare space	The alpha film series also includes Alpha Leader training videos.	A powerpoint and Leader's notes are available; many people rely on former facilitation experience; \$10 leader guide available	With a free account you can access training videos	Some suggestions in the facilitator guide, and the Facilitator Guide is written such that it could be a script
Languages	English; In translation into German and Chinese	Translated into 112 languages	English	English; book has been translated into other languages, including Spanish	English

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Notes/Norms	Requires two leaders, does not require meal prep or additional technology	Can be done with scripts rather than videos but it seems that the videos are in regular use	Facilitators should review differences between COE and Episcopal Prayer Books for context	Survey respondents noted that there is translating to do in an Episcopal setting based on language used; the many additional resources were identified as very helpful	Intended to be relational, include a meal
Additional Offerings	Next level courses on topics such as: “Being With:” Church, Bible, Baptism, Your Significant Other, Child, End of Life, Yourself, Creation, and the Other	Bible, Prayer, and Marriage courses available	<u>Pilgrim Journeys</u> 40 day reflections	Extensive story telling resources highlighting churches living out one of the practices	An Anglican Diocese in Canada has created a video <u>version</u>

COURSE SESSIONS

BEING WITH:

Four-step reflection guides the course: Meaning, Essence, Jesus, Church, Bible, Mission, Cross, Prayer, Suffering, Resurrection

ALPHA:

Each Alpha set of videos follows the same sessions, but there are specific styles: Classic, Roman Catholic; the new core film series includes leaders from diverse denominations and strains of the church and some celebrities.

Is There More to Life Than This? (Session 1 / Launch Party), Who Is Jesus?, Why Did Jesus Die?, How Can I Have Faith?, Why and How Do I Pray?, Why and How Do I Read the Bible?, How Does God Guide Us?, How Can I Resist Evil?, Why and How Should I Tell Others?, Does God Heal Today?, What about the Church?

PILGRIM:

Follow Stage: What do Christians Believe?, How do Christians know and worship God?, How do Christians behave?, and What is the Christian Vision for the World? With corresponding focuses on Turning to Christ, The Lord's Prayer, The Commandments, and the Beatitudes. In the Grow stage, the focus is on The Creeds, The Eucharist, the Bible, and the Church and the kingdom.

PRACTICING THE WAY:

The Practicing the Way Course and related podcast and book: Following Jesus, Formation part 1 and 2, the Practices, Meeting God in Pain and Suffering, Healing from Sin, Crafting a Rule of Life, and Life Together.

The website and YouTube channel have lots of additional resources that could be led as four week courses on practices: Sabbath, Prayer, Fasting, Solitude, Generosity, Scripture, Community, Service, and Witness.

TRANSFORMING QUESTIONS:

Can we question our faith?, Who is Jesus?, Why did Jesus have to die?, What do we have to do?, How should I read the Bible?, Does God answer prayer?, Why do bad things happen?, Where do we go when we die?, Why do I need church?, Where do we go from here?, Or/And *Bonus Session: Where does The Episcopal Church come from? What do I have to believe to be an Episcopalian?

*Week 10 offers two options for the final session. The leader should choose which one to present based on the needs of the group or decide to add an extra session.

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