

## **NURTURE COURSES**

**This short guide introduces some of the courses that are available to use as introductions to faith and Christian practice. It is not an exhaustive list- nor does it seek to recommend anything in particular. Our hope is that, over time, the list will grow and will be complimented by short stories of where it has been used and has worked well to give you a better feel for what could help.**

**If you have used one of these courses and would like to tell us your experience please email [barnabas@leeds.anglican.org](mailto:barnabas@leeds.anglican.org). Please also let us know other resources that you have used and found helpful.**

## **COURSES THAT TEACH THE FAITH**

### **Alpha**

The **Alpha Course** emerged from Holy Trinity Brompton. It consists of a series of talks addressing key issues relating to the Christian faith (anywhere between six and eleven sessions). The teaching method is a talk or video followed by smaller discussion groups. These have been adapted for various contexts, notably Catholic, young people and prisons. Classically Alpha includes time and space for food. Many churches have taken a day in the middle of the course to make more time to explore the role of the Holy Spirit.

Some sample session outlines can be found here.

<https://www.alphabuilderadmin.com/wp-content/uploads/2020/05/Sample-Alpha-Session-Schedule.pdf>

The strong 'brand image' created by the Alpha team means that it is recognised even among people with no church connections.

<https://alpha.org/preview/>

### **Start!**

**Start!** is a six session basic introduction to the Christian faith that grew up in our Diocese. The sessions, mostly based on Luke's Gospel, use a mix of video input, time to chat, simple discussion activities and space for reflection. This course probably has the most authentically northern videos and uses pictures as well as words to explore.

The sessions assume no previous knowledge of the Christian Faith and are helpful for people who are new to thinking about God.

<https://www.leadingyourchurchintogrowth.org.uk/the-start-course>

### **Christianity Explored Family of Resources**

**Christianity Explored**, emerged from All Souls Langham Place. The original course has seven sessions plus an outline for an away day.

Christianity Explored draws from Mark's Gospel and is focused on Bible exposition. The first five weeks focus on who Jesus is and why he came, and the last two sessions and day away look at what it means to follow Jesus. It does not place any emphasis on the role and work of the Holy Spirit.

The Christianity Explored website outlines various other courses that explore Jesus through the lens of Hope and Life. There is also another course around discipleship.

<https://www.christianityexplored.org/courses/christianity-explored/>

**Life Explored** looks at what the Bible has to say about the big questions of life.

The course is made up of seven interactive sessions centred around a collection of silent films, featuring people from across the world. The sessions uncover what we are really living for and how God can meet our deepest desires for happiness.

Each session focuses on a different way we try to find said happiness, and asks whether it brings the satisfaction we long for.

The series starts with an introduction, then each session includes:

- a silent film
- a talk
- a Bible passage to study.

<https://www.christianityexplored.org/courses/life-explored/>

### **Emmaus**

**The Emmaus course** is one of the earliest nurture courses that has come from a broad church perspective. Its resources are largely print based.

The introductory “Contact” and “Leading an Emmaus Group” booklets have ideas on how to launch an enquirers’ course and make it an integral part of a church’s life. You can look at samples of the material here.

[https://books.google.co.uk/books/about/Emmaus.html?id=0mYQF5vzhVUC&redir\\_esc=y](https://books.google.co.uk/books/about/Emmaus.html?id=0mYQF5vzhVUC&redir_esc=y)

### **Pilgrim**

**The Pilgrim Course** is a Church of England teaching and discipleship resource, some elements of which have been used in parishes for those who are exploring faith. It takes a different approach to other programmes, and looks at issues of faith by contemplation and discussion with a group of fellow travellers, rather than through persuasion.

Pilgrim comprises two stages: the ‘Follow’ stage for those very new to faith, and the ‘Grow’ stage for those who want to go further. Each stage contains four separate short six session courses that focus on a major theme of Christian life.

<https://www.churchofengland.org/resources/pilgrim-course>

### **Being With Course**

**The Being With Course** has been developed by Sam Wells and colleagues at St Martin in The Fields. More overtly than other courses, Being With seeks to start with the view that there are no experts in the room. The course runs over ten weeks and places emphasis on listening to each others’ stories. Rather than building from content the course builds from conversation.

<https://being-with.org/>

### **The 4Points Course**

**The 4points course** has four sessions and covers the basics of Christianity. Emerging from the Message Family in Manchester it can be used across age ranges. The course has an unashamedly simple outline of God Loves

Me, I have Sinned, Jesus Died for Me, I Need to Make A Choice. It aims to prompt questions and discussions over what it means to follow Jesus.

Find out more about the4points on their website: <https://www.message.org.uk/the4points-course/>

### **321 Course**

**321** is designed for anyone who has questions about life, meaning and purpose.

The course comprises of 8 interactive video sessions designed to be completed at your leisure. Each session is around 20 min long and can be played, paused and accelerated to suit.

Presenter Glen Scrivener leads each session and offers the opportunity to think, question and test different worldviews.

<https://321.speaklife.org.uk/course/321>

## **COURSES THAT INTRODUCE THE PRACTICES OF FAITH**

### **The Bible Course**

**The Bible course** was put together by the Bible Society. It has eight sessions that take participants through the Bible. Each session has a rough outline including:

- Welcome from the Course host
- 15-minute teaching video
- 25-minute discussion time
- 15-minute teaching video
- 10-minute personal reflection to finish
- Daily readings between sessions

<https://www.biblesociety.org.uk/explore-the-bible/the-bible-course/groups/>

### **24-7 Prayer Resources**

**The Prayer Course** is the first of a series of resources developed by 24-7 prayer to teach and model ways of praying. It runs over eight weeks, using video and

discussion. The course is themed around the Lord's Prayer. The partner course for young people is Origins.

For folks seeking to dig deeper there are also courses on Unanswered Prayer, Lectio Divina and how to develop a 'quiet time'.

[https://www.24-7prayer.com/resource\\_cat/courses/?\\_gl=1\\*9s42ax\\*\\_up\\*MQ..\\*\\_ga\\*MTcxNTcyMzk0yMS4xNzI2NDk0MDU2\\*\\_ga\\_EP7TTC0T8Z\\*MTcyNjQ5NDA1Ni4xLjEuMTcyNjQ5NDA4NC4wLjAuMA..#Courses](https://www.24-7prayer.com/resource_cat/courses/?_gl=1*9s42ax*_up*MQ..*_ga*MTcxNTcyMzk0yMS4xNzI2NDk0MDU2*_ga_EP7TTC0T8Z*MTcyNjQ5NDA1Ni4xLjEuMTcyNjQ5NDA4NC4wLjAuMA..#Courses)

### **Practising the Way**

**Practising the Way** has emerged out of churches in the Pacific West of the USA. They build on the work of countless followers of Jesus who have lived by a Rule of Life. John Mark Comer and others and emphasise working to build such a rule- developing spiritual practices in crowded lives.

The course is eight weeks long and can also be used with various web based tools like spiritual health checks.

<https://www.practicingtheway.org/course>