

# Prayer Triads

Devote yourselves to prayer, being watchful and thankful (Colossians 4.2).

Though one may be overpowered, two can defend themselves.  
A cord of three strands is not quickly broken (Ecclesiastes 4.12).

## Why a group?

The group is designed to provide ongoing close relationships in which we support one another through prayer. The intent of Triads is to be a place of sharing your life and heart with one another and before the Lord. A place to know and be known.

Though this happens to some degree in life groups it is still possible to come and go without any one knowing what is going on with your soul. Also, because Life Groups are kept open to new attendees it is hard to have the level of trust needed to expose your inner life. A deeper ongoing relationship with two or three other peers is vital for a healthy walk with Christ.

This group type model can be seen in Jesus relationship with Peter, James, and John; or in the relationship of David and Jonathan; or Paul, Barnabas, and Timothy. Of course even more basically, there is God himself: eternally existent as Father, Son and Holy Spirit.

## What do they do?

Try to focus on...

- sharing what is going on with you in your heart before the Lord in the midst your circumstances.
- praying for one another and for friends/acquaintances who do not yet have faith in Christ.

To accomplish this we suggest some practices for the groups from which they should feel free to customize their own agendas.

## When do they meet?

Many different times of day. Usually every week or every other week, for about one to one and a half hours. Some meet before work, during lunch, after work or evening. It really depends on your schedule, but try to meet more than once a month, in order to stay current.

## How do I find one?

Because of the personal nature of the groups it is difficult to centralize their formation. Usually an individual will approach one or two other people asking about the possibility. If that is mutually agreeable the two then decide together on a third or fourth. Sometimes one person will approach the two others at once. If you need help forming a group reach out to Pastor Josh ([joshc@southcltpres.org](mailto:joshc@southcltpres.org)).

## Suggested Principles

To encourage people in the gospel as they share their blessings, difficulties, successes and sins.

The Comfort of Justification (Rom 8.1-11) — The grace of acceptance with God and the removal of condemnation.

The Call to Sanctification (Rom 8.12-17) — The grace of conformity to Christ and putting to death the flesh.

To be aware of our needs and pray for one another.

I urge you, brothers, by our Lord Jesus Christ and by the love of the Spirit, to join me in my struggle by praying to God for me (Romans 15.30).

To pray for our ministry to our friends who do not yet know Christ.

I pray that you may be active in sharing your faith, so that you will have a full understanding of every good thing we have in Christ (Philemon 6).

To encourage each other from the Scripture.

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness (2 Timothy 3.16).

To honestly confess our sins, and exhort one another in the Lord.

Therefore confess your sins to each other and pray for each other so that you may be healed.

The prayer of a righteous man is powerful and effective (James 5.16).

But exhort one another every day, as long as it is called "today," that none of you may be hardened by the deceitfulness of sin (Hebrews 3.13).

## Sample Agenda

Someone can open by sharing either a struggle they are dealing with or a story of how God has answered their prayer (see 'prayer stories' below) or something from Scripture that has challenged their walk with the Lord. Each person talks about what is happening in their lives and their ministry to non-Christians. After each person shares, the group prays for them and their non-Christian friends.

It takes time to develop trust so the group should expect to grow in their honesty and depth as relationships grow.

Prayer Stories....What is a prayer story?

- To enter in to what they are asking God for in their life. God is up to something in each of our lives. Join in praying along with them for this and look in anticipation for what the Father will do.
- Prayer stories are a way to achieve vulnerability where we are 'knowing others' and 'being known'.

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints (Eph 6.18). Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God (Phil. 4.6).