

# Triads: *Why? How? What?*

*We need spiritual friendship to know Jesus and make Him known*



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## Triads: A Simple Overview...

A triad is a **group of three** meeting to go deeper in Scripture, prayer and acts of faith.

**A triad's goal:** spiritual friendship that fosters a deeper life in scripture, prayer, and acts of faith that produces a joyful and fruitful discipleship.

- A triad **meets regularly** (ideally weekly in person, online, or by phone).
- A triad **chooses part of the Bible** to read at an agreed-upon pace. Scripture is read before meetings and discussion is framed around what has been read. A new book of the Bible is mutually chosen once the group decides it's time to move to something new.
  - It is okay to go slowly through a book – we are concerned about depth, not speed.
  - It is about honest conversations – we seek transformation through real life questions.
  - It is best to stick to the Bible – we want to hear from the Spirit as we live in God's Word.
- A triad applies **3-2-1 simple discipleship practices**:
  - **3 questions in response to Scripture:**
    - What does this tell us about God?
    - What does this tell us about people?
    - What is God asking me to do?
  - **2 prayers for a Gospel-Fellowship discipleship life:**
    - Here's what I want to pray for in the world...
    - Here's what I personally need prayer for...
  - **1 next step for living a deeper faith:**
    - Friends, hold me accountable to do the following...
- A triad **plans to multiply**.
  - Triads do not remain closed, but open to the leading of the Spirit to make disciples.
  - After some months of practicing this with others, a triad could send one person to create a new triad, or all three could form new triads.

## Why Triads Matter

We need spiritual friendship to know Jesus and make Him known.

- *Triads form strong spiritual friendships (a chord of three strands survives – Ecclesiastes 4:9-12).*

We need a framework and structure for disciple-making that is easy to do and multiply.

- *Jesus modeled this with Peter, James and John and the church replicated this (2 Timothy 2:1-2).*

We need a space for deeper relating and disciple-making than is possible in larger groups.

- *Three can build trust quickly, know each other & stay easily connected.*

We need a space for new believers to be enveloped into community and spiritual formation.

- *New disciples can easily be welcomed into the existing health and practice of a triad.*

We need a way of prioritizing discipleship that fits into the flow and expectations of life.

- *Life is full, but life to the full requires more than fitting “church” or a class into a schedule.*

We need to be held accountable for our spiritual and character development.

- *People grow best when we have others walking with us and asking important questions.*

We need the wisdom and experience and perspectives of others to discern God’s will and ways.

- *Triads can be multi-generational, allowing for healthy mutual mentorship and influence.*

**Anyone can do this! Triads are simple, doable & purposeful.**

## How do I join a triad?

***Joining a triad means taking the initiative to start one or being responsive to an invitation to join one.***

The following simple practices can guide you...

**Pray:** ask the Spirit to direct you toward two others you might invite to join you. Or, if you are asked to join one, don’t shy away. It may be the “asker” is approaching you because of the Spirit’s leading.

**Pay attention:** God has probably already put at least one person in your relational orbit where you can begin. If you are part of a Hub or other group, consider asking two others to join from there. Don’t simply wait for a triad to fall into your lap, rather, be prayerfully intentional. Follow the Spirit’s lead.

**Take a risk:** You may be surprised by the Spirit’s leading. Don’t just think about your closest friends. Pay attention to God’s surprising nudges and don’t be afraid to take a risk. The Spirit may lead you to invite someone who is not yet a disciple of Jesus. Remember, the goal is spiritual friendship that produces joyful and fruitful discipleship. This is you being involved in Jesus’ commission to go and make disciples!

*Matthew 9:35-38; 28:16-20; John 1:43-51*

## What does a triad do?

### ***Build Real Relationships***

A triad plans regular connections (ideally weekly) and checks in with one another.

### ***Go Deeper in Scripture***

A triad decides on a passage or book of Scripture of mutual interest and is tracking the same Scriptures together.

Each participant reads daily, asking the **3 Questions in response to Scripture**, and is prepared to talk about their thoughts, insights, and action points when the triad meets.

- ***What does this tell us about God?***
- ***What does this tell us about people?***
- ***What is God asking me to do?***

Participants are ready to hold one another accountable to obey the Spirit's leading.

The triad moves to another part of the Bible when the group feels they have exhausted their engagement with a passage or book.

### ***Go Deeper in Prayer***

A triad uses **2 Prayers for a Gospel-Fellowship life** for confession and mutual prayer.

- ***Here's what I want to pray for in the world...***
- ***Here's what I personally need prayer for...***

The practice of confession and sharing the deepest needs and realities of our lives and a commitment to stand with one another in prayer is consistently practiced.

The triad urges one another on in the Gospel-Fellowship discipleship rhythm of discipleship and disciple-making.

### ***Live out God's Love***

A triad moves toward action by naming **1 Next Step for living a deeper faith**.

- ***Friends, hold me accountable to do the following...***

Together we seek obedience to the Spirit's and joining God's mission in our world.

### ***Multiply***

The triad **expects to multiply** and form new triads. One triad that multiplies after an appropriate season together (6 months to 1 year is good) has the potential to influence six other people. A triad intends from the beginning to bless others and make more disciples.

*Matthew 9:9-13; 25:31-46; 26:26-29; John 20:21-22; Acts 2:42-27; 1 Thessalonians 5:16-18; 1 Timothy 3:14-17; 2 Timothy 2:1-7; Hebrews 4:11-13; James 1:27*