



Section II – Week One Assessing This Present Season

A Triad is made up of three people at LWF who seek to *encourage, discern, and intercede* in each other's lives.

The goal is to become friends who meet weekly to help each other be apprentices of Jesus: learning to live with Him, become like Him, and walk in His ways. This is done in the power of the Holy Spirit, who is the transformative presence of Jesus in us.

In today's Triad meeting, using your stories as context, you will assess how well you're honoring God with your heart, soul, strength, and mind during this season of life.

Use the schedule below as a basic guideline, not a rigid framework.

- 0:00 – 0:10 **Catching Up – How is everyone doing?**
Take the Emotional Health Assessment
Each member of the triad should take this assessment if they have not done so already. The assessment is located in the “resources” section at the bottom of LakewoodFellowship.org/triad
- 0:10 – 0:15 **Cover Basic Logistics**
- Does our schedule over the next weeks work for everyone?
 - Any concerns or questions for your triad leader to relay to the LWF team?
- 0:15 – 0:20 **Open with Scripture (Luke 10:25-28) and then prayer**
- ²⁵ And behold, a lawyer stood up to put him to the test, saying, “Teacher, what shall I do to inherit eternal life?” ²⁶ He said to him, “What is written in the Law? How do you read it?” ²⁷ And he answered, “You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.” ²⁸ And he said to him, “You have answered correctly; do this, and you will live.”

In the first week, each individual took ten minutes to share about their past year. In the following sessions, everyone was able to tell their story, focusing on the inflection points of your lives. Hopefully, you’ve identified themes or patterns in God’s interaction with you over time.

- 0:20 – 0:50 **Discern/Encourage: How are you doing?**
How are you doing during this current season of life? Using Luke 10:27 as a rubric, consider the following questions as you assess your health in each category.

Heart (Emotional Health)

Are you honoring God with your emotions?

Do you allow margin to reflect on how you’re feeling?
Do you handle your emotions, or do your emotions handle you?
What were the results of your assessment?
How well do the assessment’s findings align with your own perspective of your emotional health?

Soul (Spiritual Health)

Are you honoring God with your Spirit?

Do you have an active prayer life?
Are you quick or reticent to forgive others?
Are you disciplined in reading scripture and/or in other spiritual disciplines?
Are you seeking to discern the voice of God in this season for yourself and others?

Strength (Physical Health)

Are you honoring God with your body?

Does your *faith* have *works* or are you apprehensive to act on what you discern God calling you to *do*?
Are you acting out sexually in ways you shouldn’t? If married, is your sexual intimacy as it should be?
Are you as disciplined as you’d like to be with your diet, exercise, and/or rest?
Do you present yourself to God for His work each day?

Mind (Mental Health)

Are you honoring God with your mind?

Do you actively seek a mindset of humility?
Do you tend to dwell on thoughts you shouldn’t?
Were you attending group at LWF before Triads began?
Are you spending an excessive amount of time focusing on the news, social media, or other potential addictions?



0:50 – 1:05

Discern/Encourage: Discuss the *gap* between where your disciplines are and where you would like them to be.

The goal of this discussion is not to glorify health, in and of itself, but to assess how well you glorify God with your whole self. As you discuss health and discipline, encompass all four categories from Luke 10:27, keeping the love of God as your focus.

This discussion is not about solving problems. Instead, the goal is to *discern* reality. Are your disciplines as strong as you think they are? Or as weak? Do you have an honest perspective of your overall health?

Use the following questions to guide your discussion:

- Using your *Lifeline Tool*, in what season of your life do you sense you were best glorifying God with your whole self?
 - If the answer is not now, why were you doing so well at that time?
 - If the answer is now, why are you doing so well in this season?
- Have you been growing more or less healthy over the past year, in terms of honoring God with your emotions, spirit, body, and mind? Why?
- Which one or two categories of health would you like to see the most growth in this season of life? Why?
- What encouragement would you like from those closest to you? Are you receiving this encouragement? What encouragement do you need from your Triad right now and throughout this upcoming week?
- What are you asking God to do in your life until your Triad can meet again?

1:05 – 1:15

Intercede: Praying for One Another to Close

Based on the discussion and final questions of the previous section, pray for one another. As you pray, don't restrict yourself to the stated prayer requests alone, but allow yourself to be guided by the Spirit (i.e., *discern!*) to pray for God to work in one another's life. Pray for health physically, mentally, emotionally, and spiritually. Pray for opportunities to love others. Intercede, seeking God's best for one another. *Ask God to do what only He can do.*

1:15 – 1:25

Preview Upcoming Triad Meetings

Over the next sessions, you will address the areas of improvement discussed during today's Triad meeting. To address these needs, we will read through *Emotionally Healthy Spirituality*. This book (provided by LWF) will use what we've discovered over the first five sessions of your Triad to build disciplines that lead to greater *emotional* and *spiritual* health.

EHS will surface topics for discussion, but more importantly, the book will lead you in considering how your stories and your current state of health can grow towards Christ in the weeks and months ahead, specifically emotionally and spiritually. ***Pick up a book this Sunday and read the brief introduction before your next Triad.***

Remember: Your Triad is *not* a book club. We use materials (such as these discussion guides) as vehicles to *discern* what God is doing in our lives, *encourage* one another in the midst of what God is doing, and *intercede* for one another to invite God's further movement in one another's lives.