



Section II – Week Two 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, we will discuss *discipleship* and emotional health while asking God to give us a fresh vision for our own discipleship and the discipling of others.

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

0:00 – 0:10 Catching Up – How is everyone doing?

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 (Matthew 28:16-20) and then prayer

¹⁶ Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. ¹⁷ And when they saw him they worshiped him, but some doubted. ¹⁸ And Jesus came and said to them, “All authority in heaven and on earth has been given to me. ¹⁹ Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

0:20 – 0:30 Read and/or Review the Introduction of EHS (pp. 5-8), if
If anyone in the Triad has yet to read the introduction to *Emotionally Healthy Spirituality*, take 5-10 minutes to do so now. If everyone has read the introduction, review the content now.

0:30 – 1:00 **Discern: What is the State of Your Discipleship?**

On pp. 5-6 of *EHS*, Scazzerro draws a distinction between typical church approaches to discipleship and the approach he hopes you consider throughout his book. Using the book’s description of discipleship as a starting point and the questions below, discuss your experience with discipleship, both in the past and currently.

- Who, if anyone, has discipled you in your lifetime?
 - How did they go about *teaching you to observe all that Jesus has commanded you*?
- How does the typical discipleship model in *EHS* differ from one-on-one models of discipleship you’ve experienced or witnessed?
- Who, if anyone, have you discipled in your past or currently?
 - What model of discipleship did you use as you went about *teaching them to observe all that Jesus commanded you*?

In his book, *Discipleship Essentials*, Greg Ogden defines “discipling” as, “an intentional relationship in which we walk alongside other disciples in order to encourage, equip, and challenge one another in love to grow toward maturity in Christ,” (p. 3).¹

- In what ways does your Triad fulfill Jesus’ commission to disciple someone (Mt 28:18-20)? In what ways does this Triad not fulfill the commission?
- In what other ways, if any, do you sense God is calling you towards discipling?

¹ Ogden, Greg. *Discipleship Essentials, Revised and Expanded*; IVP, 2018.



1:00 – 1:15

Encourage: Preparing to Explore EHS

The front cover of *Emotionally Healthy Spirituality* states the fundamental presupposition of the book; “*It’s impossible to be spiritually mature while remaining emotionally immature.*”

While we can use different tools or instruments to assess our physical, emotional, or mental health, assessing our spiritual maturity can be far more difficult. The writer of Hebrews suggests spiritual maturity is represented by the ability to distinguish good from evil, having moved past basic repentance, having an established faith in God, and an understanding of essential Christian doctrine and practice. (Heb 5:11-6:3)

Emotionally Healthy Spirituality (and your Triad) will seek healthy transformation in both your emotional *and* your spiritual health.

- To what extent do you agree with the presupposition of *EHS* (stated above)?
- As you reflect upon reading through *EHS* and encouraging one another in the arenas of emotional and spiritual health, what concerns do you have?
- In what ways do you sense the work required to find meaningful emotional and/or spiritual transformation will be difficult?
- What, if anything, are you *most* excited about for your next several Triad sessions? What, if anything, are you *least* excited about for your next several Triad sessions?
- What are you asking God to do as you engage the *EHS* content over the next weeks?
- What are you asking God to do between now and the time your Triad meets again?

1:15 – 1:25

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.*

1:25 – 1:30

Preview Your Next Triad Meeting

Before your next Triad meeting, **read the first chapter of *Emotionally Healthy Spirituality***. You may want to preview the material right now to gauge how much time you will want to put aside to read the content in one or two sittings.

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.

