



Triad – Week One

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, you will catch everyone up with what's going on in your life *right now*, discuss your goals (in general, but also within your Triad), and pray for one another.

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?
- What is the best way for us to communicate? Group text? GroupMe? Email? Conference Call?
- Any concerns or questions for your triad leader to relay to the LWF team?

0:15 – 0:20 Open with Scripture (Romans 12:1-8) and Prayer

12 I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ²Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

³For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. ⁴For as in one body we have many members, and the members do not all have the same function, ⁵so we, though many, are one body in Christ, and individually members one of another. ⁶Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; ⁷if service, in our serving; the one who teaches, in his teaching; ⁸the one who exhorts, in his exhortation; the one who contributes, in generosity; the one who leads, with zeal; the one who does acts of mercy, with cheerfulness.

0:20 – 0:30 Go over the “Welcome To Your Triad” Document
Located in the “resources” section of LakewoodFellowship.org/triad

0:30 – 1:00 **Discern:** Getting up to Speed

In the weeks ahead, we’ll hear the story of your life. Each person will get their own week to cover their life in a decent amount of detail. But for today, let’s just tell the story of the last *year*.

These last 12 months could have been eventful or boring, life-changing or routine, heartbreaking, breathtaking, or memory-making (or a mix of these). Start with today’s date last year and get everyone up to speed on these last 12 months.



Each person gets 10 **uninterrupted** minutes (keep a timer if you need!) to talk about the last year with. Remember – unless someone listening is lost or confused about something that was said, don't interrupt the speaker's time.

1:00 – 1:15

Encourage: Discuss goals for your Triad With One Another

Use the following questions to guide your discussion:

- What are your plans for the next months?
- What do you hope to accomplish in your life with Christ during this season?
- How are you defining success for your participation in this Triad?
- Based on what you heard from one another in "Getting up to Speed," how can you encourage each other right now and throughout this week?
- What are you asking God to do in your life until your triad can meet again?

1:15 – 1:25

Intercede: Praying for One Another to Close

Based on the final question 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 Weeks 2-4

Briefly go over the guide for weeks 2-4 (located in the resources section at LakewoodFellowship.org/triad) to give everyone a chance to preview their work. Try to get the basic gist of the document to provide an opportunity for you to begin thinking about when you will take the time in the next weeks to construct your Lifeline.

The Triad leader will be the first one to share their story at the next meeting!

