



Triad – Weeks Two through Four

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, one of you will present their life story. The goal, as you give an overview of your life, is to discern God's presence in your life thus far. How has He been with you?

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 Administrative Questions

- Does your Triad schedule still work for everyone?
- Thinking to your next Triad meeting, how does everyone need to prepare?
- Any concerns or questions for your Triad leader to relay to the LWF team?

0:15 – 0:20 Open with Scripture and Prayer

- Week 2: Psalm 90:1-17
- Week 3: Psalm 139:1-24
- Week 4: Psalm 25:1-22

0:20 – 0:25 Read Through the Next Step, Making Sure Everyone Understands Expectations and Boundaries

0:25 – 0:55 **Discern: Tell Your Story**

For the person telling their story:

Start out by giving us the basics:

- Where were you born? What was your life like at home as a child? What values were instilled in you at an early age? What cultural, geographic, or financial factors influenced you growing up? What brokenness existed at home, if any, that you simply accepted as normal because you didn't know any better?

Using the Lifeline Tool, walk your Triad through the inflection points in your life:

- Give your Triad more detail than the data on your lifeline.
 - What happened?
 - How were you feeling at the time?
 - Where was God during each inflection point? Did you discern His presence in your life at that time? Do you discern His presence as you reflect back on this time?
 - How did each inflection point impact your concept of who God is?
 - How did each inflection point impact your concept of those around you?

Take your time. You have thirty minutes. The floor is yours. You may not use all of your time, but you should use most of it. You can go a little longer if you'd like. At the end of your story, talk about what conclusions you've drawn as you survey the whole of your lifeline:

- What themes or patterns did you discern, if any, as you were working on your story?
- What do you discern God might be doing in your life right now in light of your story?

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For the two who are listening:

- Do your best to not interrupt unless you need clarification because you didn't understand something the storyteller said.
- Listen for themes or patterns.
- As the person is telling their story, *pray for them silently*, asking God to give them the words to say, while also seeking to discern how He has been with the storyteller throughout his/her life.

0:55 – 1:10

Encourage: Discuss the Story

Listeners begin by thanking the storyteller for their vulnerability and honesty.

Use the following questions to guide your discussion with one another:

- How did the listeners feel when hearing the person tell their story? Why do you think you felt the way you did?
- What themes did you pick up on that the storyteller might not have discerned in their own story? How do you discern God's presence in storyteller's life during the various inflection points? ***How has God been with the storyteller throughout his/her life?***
- What do you discern God is doing in the storyteller's life right now?
- What are each of you asking God for in the life of the storyteller for the days and weeks ahead?

1:10 – 1:20

Intercede: Praying for One Another to Close

Discuss what the two listeners are asking God to do in their lives until your Triad can meet again. Based on the final question of the previous section and your requests in this 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.

