



Welcome to Your Triad

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.

Every Triad meeting begins with checking in, scripture and prayer. After praying to begin, you cover the specific discussion topic(s) for the meeting.

Your Triad Schedule:

Month 1: Story

The first month gives you a chance to look back over the significant moments of your life – the good ones, the painful ones, the disappointing ones, the momentous ones, the confusing ones – that have led to where you are now. We call these moments “inflection points.”

This will give you a space to better understand yourself and how God has been at work in your life, and to build honest, life-shaping relationships within your Triad.

As we reflect on our story – no matter what it contains – we are reminded that we are drawn up into a larger story by the life, death, and resurrection of Jesus. Therefore, ours a story that is travelling towards a beautiful end, which gives us vision and purpose for our lives today.

- Week 1: Introduction to Triads; Discuss Personal Goals
- Week 2: Leader Shares Their Story Followed by Discussion
- Week 3: Story #2 Followed by Discussion
- Week 4: Story #3 Followed by Discussion

Months 2-3: Vision

The next two months give you an opportunity to articulate the life you want to live if you're going to be shaped into the likeness of Jesus, discerning what becoming like Jesus will look like practically in your day-to-day lives.

We want to live with vision: with direction, inspiration, and purpose. Jesus would often articulate an intentionality in the way he lived: “I know where I have come from and I know where I am going” (John 13:3-5); “I only do that which I see my Father doing” (John 5:19); “For the Son of Man did not come to be served but to serve and give his life as a ransom for many” (Mark 10:45). As a result, He lived with an intentionality that serves as a model for us today.

While we often craft a vision for our careers, love life, family, leisure/entertainment/travel, and other aspects of our lives, we tend to let the most important aspects of our lives run on autopilot. Sometimes we craft a vision for our physical or mental health, but what about our emotional and spiritual health?

Together with your triad, you will choose from a selection of works that will help you identify opportunities for growth and invite sacred practices for growth in your life with Jesus, seeking to love God with all of your heart, soul, mind, and strength.

- Weeks 5-12: Vision Discussions and Prayer