



“Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”

- ECC 4:12

Triads

tri·ad (trī'äd', -əd) *n.* 1. A group of three.

Triads are groups of three Christians who **consistently** meet together to strengthen each other's faith in Jesus Christ and to spur one another on toward love and good deeds. God has given us the Body of Christ so that we can support, encourage, challenge and exhort one another. The problem is that this cannot easily happen in larger groups such as a Sunday morning service or even a small group meeting. Triads provide an opportunity in which people can share their lives openly and confidentially.

Who should be in a Triad?

Every Christian should be involved in some form of a deeper relationship with other believers. We all need spiritual growth in our lives. We all deal with difficult issues. We all need to be exposed to other people's constructive thoughts about our lives and also to learn from others about what God is doing in their lives. ***All believers are encouraged to be involved in a Triad!***

What does a Triad do?

Triads are very flexible and each one will be unique to the people who are involved. Here are some suggestions about what could happen within the Triads:

- Ask each other questions that probe the deeper issues of life. (see the back of this sheet for suggestions)
- Pray for each other.
- Encourage each other with positive things that you see in each other's lives.
- Challenge each other with what God is doing in your life.
- Talk about what God is teaching you, what you are struggling with, what victories you have had recently.
- Check-up on each other throughout the week.
- Meet often and regularly.
- Read Scripture to each other.
- Confess sin to each other.
- Gently and lovingly point out weakness in each other's lives.

Some Thoughts to Keep in Mind:

- Develop an atmosphere of love and safety so that people can share openly.
- Work through sin issues with grace but with the resolve to see each other overcome sin.
- Maintain a very high level of confidentiality in your group.
- Remember that we are all sinners and in need of God's grace.
- Don't allow your Triad to stagnate.
- Seek to reproduce your Triad by bringing a fourth person alongside the group for a few weeks and then sending that person out to start their own.
- Doing a group with 2 or 4 people is better than not doing a group at all!

Some Questions to Think About and to Ask in Your Triad

In *Rebuilding Your Broken World*, Gordon McDonald suggests twenty-six questions to help develop accountability and invite feedback. Consider these questions as you think about your own life and as you interact within your Triad.

1. How is your relationship with God right now?
2. What have you read in the Bible in the past week?
3. What has God said to you in this reading?
4. Where do you find yourself resisting Him these days?
5. What specific things are you praying for in regard to yourself?
6. What are the specific tasks facing you right now that you consider incomplete?
7. What habits intimidate you?
8. What have you read in the secular press this week?
9. What general reading are you doing?
10. What have you done to play?
11. How are you doing with your spouse? Kids?
12. If I were to ask your spouse about your state of mind, state of spirit, state of energy level, what would the response be?
13. Are you sensing spiritual attacks from the enemy right now?
14. If Satan were to try to invalidate you as a person or as a servant of the Lord, how might he do it?
15. What is the state of your sexual perspective? Tempted? Dealing with fantasies? Entertainment?
16. Where are you financially right now? (Things under control? Under anxiety? In great debt?)
17. Are there any unresolved conflicts in your circle of relationships right now?
18. When was the last time you spent time with a good friend of your own gender?
19. What kind of time have you spent with anyone who is a non-Christian this month?
20. What challenges do you think you're going to face in the coming week? Month?
21. What would you say are your fears at this present time?
22. Are you sleeping well?
23. What three things are you most thankful for?
24. Do you like yourself at this point in your pilgrimage?
25. What are your greatest confusions about your relationship with God?