

Group Handbook

for

Triads



Congratulations on taking this step in your journey of discipleship with Jesus!

Here at LifePath, we are committed to making *communities* of disciples, and that means sharing our journey with others. Triads give you an opportunity to have deeper connection with a small group as you walk with Jesus. Here's how it works:

Choose 2 other people

Three people provides a good balance. But if there are two or four, that's ok too! Don't get hung up on the number.

Sometimes LifePath will facilitate the formation of new groups, so if you don't know who to ask, just sign up when it's offered.

Get together every week

Meeting regularly helps establish trust and a rhythm of sharing. If you can't get together in person, it's ok to get creative with technology (Skype, etc.), but in-person is usually better.

Choose what to discuss

As a group, choose a category of questions in this handbook before you meet each week. Then, individually read over all the questions and choose the one that most resonates with your heart right now. When you meet, share with the group **what God might be saying to you and how you will respond.**

A typical rhythm

10 minutes for "checking-in"

35 minutes of dialogue, asking:

- What is God saying to me?
- How will I respond?

15 minutes of sharing prayer concerns (If you're meeting in private, feel free to pray together, but many Triads meet in public and choose not to pray during their meeting. Either way is fine!)

Repeat

Our desire is that Triads are life-giving and self-generating, so most often a Triad will only meet for a season (perhaps 6-8 weeks) and then move on to form new triads with others. But whether you form a new triad or stay together, the questions in this handbook have been designed to be used over and over.

Inner Life

- In what ways am I aware of God's constant presence in my life?
- Where is God bringing fulfillment to me, in big or small ways?
- Where do I need the grace of God right now?
- What steps am I taking to center my life and make space for God to speak to me?
- Have I been sensitive and obedient to God's prompting?
- Is there anything I have held back from God that I need to surrender?
- Do I nurture my spiritual life with prayer, contemplation, and regular study of the Bible and other devotional literature?
- When do I take time for spiritual refreshment?
- How do I pursue intimacy with Jesus?

What is God saying to you? How will you respond?

Community Life

- Do I love the people in my community? Is there anyone whom I fear, dislike, resent, or disregard?
- What barriers keep me from responding openly and lovingly to each person?
- Am I committed to the difficult work of forgiveness and affirming God's love for the whole community?
- When conflicts arise, do I seek in mutual forgiveness and tenderness to resolve them speedily?
- Am I careful of the reputation of others? Do I seek beyond all differences of opinion and circumstance for unity in Christ?
- Am I experiencing closeness in relationships by trusting and making myself vulnerable to others?
- Do I strive to be inclusive in my relationships?
- Am I being authentic, or am I creating the impression that I am better than I really am?
- Do I use my talents in the service of my community and the Kingdom of God?
- Am I pouring into others in my community?

What is God saying to you? How will you respond?

Missional Life

- Do I have a heart for people who don't know Jesus?
- Do I have time in my life for relationships with people who don't know Jesus?
- Can I recognize when someone is open to the way of Jesus?
- Am I comfortable in sharing my own faith? What does that look like?
- Am I ashamed or confident in my life with Jesus?
- How does my life reflect Jesus and encourage others to be interested in following Him?
- Do I welcome others into my home regularly?
- Do I actively bless others through my words and deeds?
- Do I respond openly to questions about my faith experience and beliefs?

What is God saying to you? How will you respond?

Vocation

- How have I been faithful to the leadings of the Spirit in choosing my work or vocation?
- Is the way I work and the things I work at consistent with the teachings of Jesus?
- How does my daily work enhance my spiritual life?
- Is my conduct in the workplace consistent with my life as a follower of Jesus?
- By counsel and example, do I encourage people to enter vocations which will serve society?
- Do I respect the value of all useful work, whether paid or unpaid, whether physical or intellectual, whether performed in the home or in the larger community?
- Am I honest and trustworthy in all business transactions, prompt and just in payment of debts?

What is God saying to you? How will you respond?

Stewardship

- Do I regard my wealth and possessions as given to me in trust, and do I part with them freely to meet the needs of others?
- What am I doing with my talents, time, money, and possessions? Am I sharing them according to what I am given?
- Am I reflective about the ways I gain my wealth and income and sensitive to their impacts on others?
- Do I respect all life and the beauty of God's creation?
- Do I try to protect and preserve the natural environment and its creatures?
- Am I frugal in my personal life and committed to the just distribution of the world's resources?
- Do I consider the damage I might do to the Earth's vulnerable systems in choices I make of what I do, what I buy, and how I spend my time?
- In what ways do I express gratitude for life, creation, and all I've been given?
- How do I spend my spare time?

What is God saying to you? How will you respond?

Home and Family

- Is my home a place of friendliness, joy, and peace, where others can feel God's presence?
- Is worship and prayer a significant part of my home and family life?
- Do I have harmonious relationships with my family? Are there any barriers keeping me from loving my family completely?
- Where do I need to experience healing in my family relationships?
- How has my family of origin shaped me in both positive and negative ways?
- In what ways do I strive to honor my parents and be the son or daughter that God wants me to be?
- In what ways do I strive to love my siblings and be the brother or sister that God wants me to be?
- In what ways do I strive to love my spouse and be the best husband or wife I can be?
- In what ways do I love my children and be the father or mother that God wants me to be?
- Am I an example to my children in my faithfulness to Jesus?
- Do I love my children and/or the children in my community, nurture their religious life, and help give them an understanding of the ways of Jesus?
- Do I promote the moral and spiritual development of my children and/or the children in my community by loving oversight of their education, recreation, and social activities?

What is God saying to you? How will you respond?

Integrity

- In what ways do I need to pursue simplicity in my life? Do I recognize when I have enough?
- Do I live with integrity in my speech, manner of living, and daily work?
- Do I keep my life uncluttered with things and activities, avoiding commitments beyond my strength and time?
- Am I careful not to allow my spiritual growth to be sacrificed to busyness?
- Is my life/work balance consistent with my values? Am I being regularly refreshed in body and mind?
- Where has pride taken root in my life?
- Am I just and compassionate in all my dealings with others?
- Am I honest and truthful in all that I say and do, even when compromise might be easier?
- Do I act on my principles even when there may be difficult consequences?
- Do I endeavor to create political, social, or economic conditions that sustain and enrich the life and dignity of all people?
- In what ways do I promote constructive change in my community, my country, and the world?

What is God saying to you? How will you respond?

Peace, Reconciliation, and Compassion

- What does the call to be compassionate look like in my life THIS week?
- Do I have the heart of a servant?
- Am I spending time with the poor?
- Do I respect the worth of every person as a child of God, and uphold their right to justice and human dignity?
- Where there is distrust, injustice, or hatred, how am I an instrument of reconciliation and love?
- Do I see my role as an “agent of God’s reconciliation” (2 Cor. 5:20) between individuals, communities, and God?
- What does it look like to be a peacemaker in my community, my country, and the world?
- Do I strive to increase understanding and use of nonviolent methods of resolving conflicts?
- Where have I spoken words of destruction this week?
- When discouraged, do I remember that Jesus said, “I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.”? (John 14:27 NLT)

What is God saying to you? How will you respond?

Other Resources for Triads to Use

These questions have been purposefully designed to be used again and again, and remain fresh every time God speaks to you. But if your Triad would like to branch out and try other approaches, that's fine too. Here are some examples of what you could do:

52 life impacting Bible chapters (Read and discuss one weekly)

Psalm 1	Matthew 5	Acts 1	Philippians 4
Psalm 19	Matthew 6	Acts 2	Colossians 3
Psalm 23	Matthew 7	Acts 10	Hebrews 12
Psalm 27	Matthew 13	Romans 6	James 1
Psalm 51	Matthew 28	Romans 8	James 4
Psalm 103	Luke 2	Romans 12	1 Timothy 6
Psalm 139	Luke 15	1 Corinth. 13	1 Peter 1
Psalm 145	John 3	1 Corinth. 15	2 Peter 1
Proverbs 15	John 14	2 Corinth. 5	1 John 1
Lamentations 3	John 15	Galatians 5	1 John 3
Isaiah 40	John 16	Ephesians 1	Revelation 3
Isaiah 53	John 17	Ephesians 2	Revelation 21
Isaiah 55	John 1	Ephesians 4	Revelation 22

Read a book and discuss where God is challenging you

There are so many books to choose from, but you could start with classics from Augustine, Brother Lawrence, Bonhoeffer, or C.S. Lewis.

Contemporary authors like Frederick Buechner, Richard Foster, Henri Nouwen, Dallas Willard, and Philip Yancey have many inspirational books. For more of a theological direction, you could read something by N.T. Wright.

Use a devotional book or prayer book as a guide

There are many excellent prayer books and devotional books available. Some great choices would be:

Prayer Books:

The Book of Common Prayer
Moravian Daily Texts
Celtic Daily Prayer
Common Prayer, Shane Claiborne
Praying with the Psalms, Eugene Peterson

Devotional Books:

Listening to Your Life, Buechner
My Utmost For His Highest, Chambers
Bread for the Journey, Nouwen
Jesus Calling, Young