



Inward Prayer Triads

TENDING OUR SOULS

WITH SCRIPTURE,

SHARING, PRAYER,

AND HOLY LISTENING



WELCOME

At St. Peter's Fireside, our community embraces four rhythms: upward, inward, withward, and outward. The inward rhythm is about the second great command of Jesus: loving one another. The point is to create space for one another to be seen and known, and to experience the life giving power of God through prayer and assurance of God's grace. We've put together this guide to help you get started.



PRAYER TRIADS

A prayer triad is a group of three people who meet on a consistent basis for the purpose of developing spiritual friendship as they walk alongside one another in the journey of faith.

They do this by sharing honestly, listening attentively, and praying for and with one another. These are often (but not always) people of the same gender.

The advantage of a prayer triad is that it is a small, consistent group of people with whom you can safely share the joys and challenges of life and faith.

*A Liturgy
for Inward
Prayer
Triads*

INTENTION

Remind one another that you are gathering with a specific intention. While it's important to socialize and enjoy one another's company, the goal in gathering is to care for one another's souls. We do this through giving the gift of being seen and known through listening and prayer. The richness of this time together will deepen when we make this our aim.

In the next page we provide a liturgy for praying and sharing as a triad. This can be changed and adapted overtime. We recommend to start with this for two to three meetings, and developing it from there as needed.

INTRODUCTORY SCRIPTURE

You can read a favourite verse to start, or use:

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; for apart from me you can do nothing.”

John 15:5

- + Each person takes a turn to share as others listen intently, ask clarifying questions, and pray.

SHARE

First, aim to keep what you share to five minutes. Rather than recap what has been happening in your life since you last met, focus on where you’ve seen God at work in your life and identify areas where you need to see God move. It is better to focus on one or two specific areas rather than offer broad strokes.

- + For help in narrowing the focus of your discussion, see the Appendix for a list of potential questions.

ASK

Second, after a person has shared, the others can ask one or two clarifying questions.

A clarifying question is an open ended question that requires more than a “yes” or “no” answer. For example, if someone shared that they’re struggling with a serious conflict with a co-worker, you might ask, “You said this conflict is especially hard, what makes it so difficult?”

If you ask clarifying questions, the goal is to better understand; not to problem solve. However, it may be appropriate to ask, “How do you think God wants you to handle this?” or “What help do you need for this challenge?”

PRAY

Third, after one person has asked clarifying questions, one person will pray for the person who shared.

As you pray, do not preach, and refrain from giving advice. What we need, even more, is God’s empowering presence and guidance. Bring the specifics of what was shared to God, and ask God to meet these requests.

Repeat these three steps (Share, Ask, Pray) for each person in the group.

REFLECT

After everyone has shared and received prayer, choose a Psalm and read through it together. You can choose one at random, read them sequentially, or pick one that seems to fit with the emotional tone of your sharing (*see Appendix for suggestions*). However, don't just read the Psalm – *enter into it!*

Take a moment to silently reflect on this passage, and invite God to meet you today in light of what you have read and shared together.

- + If you sense God is speaking to you about what you shared during this time, you may find it helpful to share it with the others present.

THE LORD'S PRAYER

Our Father in heaven, hallowed be your name.
Your kingdom come, your will be done,
on earth as it is in heaven.
Give us today our daily bread.
Forgive us our sins,
as we forgive those who sin against us.
Lead us not into temptation,
but deliver us from evil.
For yours is the kingdom, and the power,
and the glory forever and ever.
Amen.

BENEDICTION

The grace of our Lord Jesus Christ, the love of God,
and the fellowship of the Holy Spirit be with you all
forevermore.

Amen.

Appendix

HOW DO I STRUCTURE A TRIAD MEETING?

1. Meet at a consistent time and for a set length (1 hour, every other week, for example). Set an end date for when to reassess (maybe after 6 months).
2. Follow a consistent pattern to keep your focus (see the example liturgy, however, adopt whatever pattern works best for your group; for a list of possible discussion topics, see the appendix).
3. In your time of sharing, respond in prayer for each person. You may want to read a piece of Scripture at the end to assure one another of God's grace (Romans 8.1-2 is a good option).

HOW CAN I START A PRAYER TRIAD?

1. Consider one other person whom you could pray with consistently and go deeper in the relationship. Start with the people in your CG, if you are in one.
2. Be clear about what you're asking: to meet x times a month, for an hour, for the purpose of checking in and prayer.
3. Once you have two people, consider together a third to invite.
4. Consider together your comfort levels in meeting, and any specific concerns others may have. Do not assume the others are willing to meet in the same way you might be willing to!

POSSIBLE DISCUSSION QUESTIONS

If you would like to focus your discussion, it may be helpful to consider some of the following questions:

1. How have you sensed God's presence in your life during this past week?
2. Have you received a specific answer to your prayers? What was it?

3. In what ways have you loved God with your heart, soul, and mind this past week? In what ways have you loved your neighbour as yourself during this past week?
4. How have you demonstrated God's love to others this week? How have others revealed God's love to you this week?
5. What have you been learning about God in your personal Bible reading and prayer life this past week?
6. Are there any areas of your life you feel God wants to speak into or change? What would faithful obedience look like?
7. What good habit do you feel God wants to form in your life? Have you taken specific steps to develop that habit?

PSALMS FOR READING AND REFLECTION

APPENDIX

If you would like some suggestions on Psalms to read together, consider reading one of the following which might match the emotional tenor of your meeting (feel free to read other Psalms, too!). You may choose to read a portion of the Psalm, or to read it in full.

+ FEELINGS OF PRAISE

Psalm 9, 29, 30, 48, 95

+ FEELINGS OF SORROW

Psalm 3, 6, 31, 42, 69

+ FEELINGS OF DESPERATION

Psalm 13, 63, 71, 79, 86

+ FEELINGS OF HOPE

Psalm 11, 23, 27, 62, 121

+ FEELINGS OF ANGER

Psalm 5, 12, 52, 94, 137

+ FEELINGS OF THANKSGIVING

Psalm 30, 34, 47, 100, 111



