



# How to start a Prayer Triplet

*A prayer triplet is three people praying together for three months and experiencing powerful prayer.*

## **STEP 1:**

Begin with prayer, asking God to help you choose two other people of the same sex. It's important that all three people in the prayer triplet believe in Jesus Christ and are true Christ followers. This creates vital spiritual unity.

## **STEP 2a:**

Ask two other people to join you. If no-one comes to mind, or there are only two of you, go to Step 2b.

## **STEP 2b:**

Alternatively, visit [springfieldchurch.org.uk/PRAY3](http://springfieldchurch.org.uk/PRAY3) to register your interest to join a prayer triplet. A member of the team will be in contact with suggestions of a triplet you could form

## **STEP 3:**

Download and read the PRAY3 Guide, which is an optional guide to how to begin, how to approach your prayer triplet gatherings and areas to focus on for prayer.

## **STEP 4:**

Decide on a day and time to meet each week. Be creative - you can meet online, you could meet during your commute, you could meet early morning or late evening, you could meet for a walk or a trip to the pub. Whenever and however works for you.

## **STEP 5:**

Meet to Pray!

*"I also tell you this: If two of you agree here on earth concerning anything you ask, my Father in heaven will do it for you. For where two or three gather together as my followers, I am there among them." Matthew 18.19-20*