



PRAY3 Guide



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www.springfieldchurch.org.uk/PRAY3
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A prayer triplet is three people praying together for three months and experiencing powerful prayer.

Introduction

Welcome to PRAY3! We appreciate your commitment to **pray weekly** in a **prayer triplet** for **three months** and to embark on a prayer journey that promises fellowship with God, spiritual growth and connecting deeply with others.

May the Lord encourage, strengthen and empower you during your journey as He “works in you to will and to act according to His good purpose.” (*Philippians 2:13*)

HOW TO START A PRAYER TRIPLET

It's important that all three people in the prayer triplet are followers of Jesus to ensure vital spiritual unity.

- Begin with prayer, asking God to help you choose two other people of the same sex or use the 'Find me a prayer triplet' form at springfieldchurch.org.uk/PRAY3
- Have each member download this PRAY3 Guide, our guide for how to begin.
- Decide on a day and time to meet each week... and meet to pray! And don't forget to register your triplet at springfieldchurch.org.uk/PRAY3

TIPS FOR GETTING GOING

- Arrange times and places to meet ahead of time, perhaps looking ahead for 4 weeks.
- Meet weekly. If one member can't come, still meet. Two praying are better than no one praying!
- Begin and end on the agreed-upon time. Allow between 30-60mins.
- Keep all requests confidential within your triplet.
- Socialising among friends is natural, but be careful to not let socialising preempt prayer.
- Keep a prayer journal of requests and answers to prayer.

THE PRAY3 MODEL

This model of praying (P.R.A.Y) has been adapted from the book '*How to pray*' by Pete Greig, and the accompanying teaching of *The Prayer Course*. It is, of course, a guide, but many have found this very helpful.¹

- **Pause**: sit quietly for a few minutes, stilling your soul, & waiting on God.
- **Rejoice**: one person read a short Psalm or listen to a worship song.
- **Ask**: each person share what's on their heart and then together pray through it. You might want to focus your sharing around the following headings: ME | FAMILY | WORK/LIFE. Remember, the aim here is to pray (not just talk about what needs to be prayed for!)
- **Yield**: one person read a few verses from the New Testament, until a phrase pops out at you and then talk to God about it. Are there any sins you need to confess? Ask the Holy Spirit to fill you afresh.
- **3**: share and pray for the salvation of three non-Christian family members or friends.

PRAYER TIPS

Consider these suggestions as you pray together through the PRAY3 model, especially if you are new to praying out loud or in a group.

- Pray one topic at a time to keep the prayer time moving.
- Pray for specific requests so that you can see specific answers.
- Pray in short and simple sentences.
- Pray Scripture prayers and promises to encourage faith and trust.
- Pray with periods of silence in between. Prayer is a two-way conversation with God, so silent periods between prayers give you the opportunity to just listen.

¹ 'How to pray' would be a brilliant book to work through together as a triplet if you haven't read it. Additionally, <https://prayercourse.org/toolshed/> has loads of prayer tools and tips available.

PRAYER TRIPLET AGREEMENT

The first time you meet, set aside some time at the beginning have a chat between the three of you about how it's going to work. You might like to include the following:

- Agree how often you'll meet.
- Commit to meeting for 3 months and then review.
- Commit to being open & honest, but also to keep what's said confidential within the triplet.
- Agree that the time you spend together is primarily for prayer.
- Commit to support one another and to hold each other in prayer.

WHY PRAYER TRIPLETS?

Many who've been in prayer triplets have been impacted by them, and these are just a few reasons why you're encouraged to join one.

- It's Biblical!²
- It is not difficult to regularly connect and pray with two other people and avoids some of the complications and barriers of a larger group.
- Three people can easily meet anywhere, you can even connect via phone, zoom, Skype, FaceTime etc.
- Having others pray with you keeps you accountable to each other and will help you all to grow.
- While three people of the same sex is the optimum number, triplets can also work in 2s and 4s. Try to avoid any more than four.

² Aaron and Hur lifted up Moses's arms so that all three of them were engaged in prayer as Joshua fought the battle against the Amalekites (Exodus 17:8-15). Daniel asked his three friends Shadrach, Meshach and Abednego to pray for the interpretation of Nebuchadnezzar's dream (see Daniel chapter 2). As a result God spoke to Daniel in a vision during the night, and their lives were spared. Peter, James and John were the triplet of pray-ers that Jesus took with him on two assignments, (1) to pray on the mount of transfiguration and (2) to pray with him in the garden of Gethsemane.

Your Prayer Journey Preparation

Take 15 minutes to prepare for your PRAY3 prayer journey by jotting down responses to the following questions.

1. Where do you want to see your faith stretch and grow in the next three months?

2. What three burdens are most on your heart to pray about?

3. How would you like to spiritually encourage your two triplet friends in the coming weeks?

4. Who are you praying for to know and receive God's gift of salvation?

5. Would you like to pray with more_____?

☐ Thanksgiving ☐ Praise ☐ Honesty ☐ Confidence

☐ Sensitivity ☐ Faith ☐ Passion ☐ Specificity

☐ Humility ☐ Boldness ☐ Perseverance ☐ Frequency

☐ Joy ☐ Kindness ☐ Expectation ☐ Consistency

Your Prayer Journey Review

After you've completed 3 months of PRAY3, take 15 minutes to reflect on your PRAY3 prayer journey by jotting down responses to the following questions.

1. Where did you see your faith stretch and grow in the last three months?
2. What three burdens did you pray about? How did God help or intervene in these situations?
3. What spiritual encouragement did you receive from your two triplet friends?
4. How did your experience of prayer change over the last three months?

Next Steps

Congratulations on completing your PRAY3 prayer journey and committing to three months of weekly prayer with your prayer triplet. We trust the Lord has used this prayer experience to encourage, strengthen, and work in and through you. May you continue to "*devote yourselves to prayer, being watchful and thankful.*" (Colossians 4:2)

WHAT COMES NEXT?

Now that your three-month prayer journey has come to an end, what comes next? Well, that choice is up to you...

1. Continue meeting with your triplet for another three months.
2. Discontinue the triplet.
3. Branch out to form three new triplets.

We encourage you to pray about where to go from here and discuss this decision with your triplet, and feel free to contact the Springfield team to update us or to ask us any questions.

MORE PRAYER RESOURCES

- '*How to pray: a simple guide for normal people*' by Pete Greig - you can pick this up from [Oasis Christian Bookshop](#) in Wallington.
- 'The Prayer Course' - we're running an online version of this course which is free to join. Alternatively you can find loads of resources on their website - <https://prayercourse.org/toolshed/>