

## **TRIPLETS – A ROUGH GUIDE TO PRAYING THE LORD’S PRAYER**

### ***What is their purpose?***

- They are the context where we learn to love God more.
- They are a place for discipleship – to be come ‘fully functioning disciples of Jesus’.
- A place to Father/Mother each other. (Friendship, Affirmation, Teaching, Holding to account, Envisioning, Releasing into all God’s purposes).

Here is an outline of the next phase of triplets. There are six sessions and they will run from July to the end of September so I recommend that you meet fortnightly. Each session should last no longer than an hour. Go for it!

### ***Session 1 – Matthew 6: 9-13***

- Talk about your experiences of personal prayer times.
- Decide together to give yourselves 5 mins each day preferably at the beginning of the day) but whatever works in your situation) to pray through the Lord’s prayer.
- Pray for each other that this simple process would transform your prayer lives, that your hearts are softened and that God speaks to you through it.

### ***Session 2 – (Our Father who is in heaven hallowed be your name)***

- Review the time since you last met.
- Discuss how comfortable you are with the image of relating to God as Father and you as his child. Do your experiences of your earthly father affect your perception of God as Father.
- Discuss what it means to hallow God’s name.
- Why is it important to praise God even through adversity? (Psalm 34:1)
- Pray for each other to be persistent in praying through the Lord’s prayer daily.
- Pray that God helps us to relax with Him as our Father when we pray.
- In addition to praying through the Lord’s prayer commit to using worship songs/hymns or psalms to provoke you in your praise of God’s holy name.

### ***Session 3 – (Your kingdom come, your will be done)***

- Review the last few weeks
- Is this model helpful/working? – be honest.
- Feel free to adapt, simplify these notes to serve you best, but try to push through the barriers to engage with God.
- Think about areas where you would like to see God break out both in your life, the lives of others and even on a global scale e.g. home, family members, church, work, in Government, other countries.
- Pray for the Kingdom of God to come to those areas discussed.

Before the next session read Psalm 25: 4-5 and consider carefully the overall direction of your life - pray these verses over yourself.

Also read Psalm 37:4 and commit to praying this for each other.

### ***Session 4 – (Give us today our daily bread)***

- Review last session
- Read Proverbs 30: 8-9
- Consider your physical and spiritual needs and ask God to provide in your daily life.

***Session 5 – (Forgive us as we forgive others)***

- Review – what is God saying/doing? – thank God
- Pray for the Holy Spirit to come.
- Read 1 John: 5-10
- Ask the Holy Spirit to reveal to you anything about you which may have offended the Father. Ask God to forgive you and receive his forgiveness.
- Ask the Holy Spirit to reveal if you are holding unforgiveness to others – forgive them in prayer – if necessary back up your forgiveness with actions!

***Session 6 - (Lead us not into temptation but deliver us from evil)***

- Review the previous sessions with particular reference to the last one.
- Read Eph 6: 10-18 – pray this over each other
- Pray for the days ahead – for deliverance from temptation to:
  - conform to the world's standards
  - allow evil desires to control us
  - allow the devil to side track us away from God
- Pray that we persist in our new found depth of relationship with God

**Declare that the kingdom, the power and the glory are God's.**