

3. discipleship -

...the rhythm of friendship

"For where two or three have gathered together in My name, I am there in their midst." *Matthew 18:20*

Matt 28:18-20

19 " Go therefore and make disciples of all the nations ... 20 teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age." We walk as disciples, and disciplers – as Jesus did.

JESUS - OUR LEAD: Matt 17:1

Six days later Jesus took with Him Peter and James and John his brother, and led them up on a high mountain by themselves.

"**TRIADS**" - the word "triad" describes the way Jesus did discipleship. We could say He had *twelve* disciples...but, if we look carefully at the record of His life, there were actually **three** with whom He shared a **closer relationship**: Peter, James & John. There were things He did with them that were unique, like bringing them to a meeting with Moses and Elijah (**Matthew 17**), and to the raising of a little girl from the dead (**Luke 8:51-56**). It was also a place where confrontation & affirmation could happen - (**Matthew 16:17, 23, Luke 9:55**). And in the end, when Jesus had to face His Cross, the company of these three was what He needed then as well. (**Matthew 26:37**) We follow Jesus in this example by sharing in **groups of three or four** that we call "Triads".

In following Jesus' example with Peter, James & John, we walk this Rhythm out I daily life, with a point during the week where we go deeper - something like this: [sample – 1hr 20 min]

1. Pray – (5 minutes)

- Agreeing that Jesus is Lord
- Inviting the Spirit of God to guide your time together
- Asking for courage to be vulnerable and grace-full with each other
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2. How did we hear God speak this week? – (5 min each)

Whatever book or passage the triad has chosen for a study focus, we go around and have **each person** share for **five minutes** what he or she found in the passage or chapter for that week. Take another **five minutes** after each person shares to dialogue on the observations, and bring in other scripture & life experience.

Jesus told His disciples that if they loved Him they would "keep His word" (**John 14:23**). We go to the Testimony of His word, (The Bible), and we support one another in "keeping" (treasuring) His words. We **also go through other materials together** that help us **apply** His word in our lives.

3. Check in Personally – (8 min. each)

- "Triumphs & Trials" - Check in with the hard stuff and the victories that you have had this week – Vulnerability is key here;
- Personal Rhythm – Share how your daily "followership" is going, and encourage one another not to give up!;

Jesus shared the highs and lows of His earthly life with His triad: His "Transfiguration" (**Matthew 17:1-13**); the raising of the little girl from the dead (**Mark 5:37-42**); the night he was taken to be crucified (**Matthew 26:37, 38**), sharing His grief, and asking the three to "keep watch" with Him. As we learn to follow the living God, there will be times of great victory and great pain...our TRIAD is a place for us to share both; a place for vulnerability in the areas of our personal alignment and followership with Jesus.

4. Confirm & Confront – (5 min. each)

Ask a question or two, and then share what you see in the others, **both** things that show growth, and also what things seem to be a blind spot in his or her life:

Because we all "stumble" in many ways (**James 3:2**), we need those "garden friends" who have agreed to be vulnerable with us and reflect back to us both progress, and our blind spots.

5. Pray For Ourselves, then in agreement – (5 min. each)

With Jesus' example, we just tell God in prayer what we need, and then agree with other's requests so that we have the "two or more" in agreement mentioned in Matthew 18:18. You may be led to minister healing or stand with another in spiritual warfare.

In the examples we have of Jesus' prayers, we see Him begin by presenting **His own** needs to the Father (**John 17, Luke 22:42**). Presenting our own needs is **not selfish** - it is **honest!** As we share our needs, we avoid the ugliness of gossip, as well as "bunny trials" by asking this question: Once we have made our needs known, our triad friends can share what the Spirit of God brings to mind.

6. Finish. (good to have a closing to respect time boundaries)