

Please return this section to St Mary's or St John's, or to the parish office:

Name.....

Address.....

.....

tel:.....

e-mail.....

either

We have formed a prayer triplet, and the other two members are:

Name 1.....

tel:.....

e-mail.....

Name 2.....

tel:.....

e-mail.....

or

I would like you to help me find two other people to form a prayer triplet

Practicalities

Where?

Not in church! Normally a prayer triplet will meet informally at the home of one of the members (it doesn't always have to be the same one). Try to meet in a still place, with the answerphone switched on and mobiles switched off. By all means start with a cup of tea or coffee ...

When?

There are no set rules: different prayer triplets will be able to meet at different times, depending on personal circumstances. Basically, find a time that suits the three of you, and then agree to stick to it: being in a prayer triplet is a commitment.

How to get started?

Either by setting up a prayer triplet yourself – just think of two friends (normally of the same gender, as most people will feel more comfortable with that) with whom you could imagine yourself in a prayer triplet, and ask them – or by asking us to try to arrange a triplet for you. Then simply fill in and detach the appropriate part of this leaflet, and return it to St Mary's, St John's or the parish office. If you're already in a home group, you might want to consider asking people who are outside the group.



INTRODUCING ... PRAYER TRIPLETS



What is a Prayer Triplet?

A prayer triplet is as it sounds: a group of three people who meet on a regular basis to pray. (It's also possible to meet with four people; e.g. a group of four friends, or perhaps two couples.)

The inspiration behind prayer triplets derived from words of Jesus:

“Where two or three are gathered in my name, I am there among them”
(Matthew 18.20)

In addition to Jesus’ promise, there are good practical reasons for praying in threes. Whereas for most of us intercessory prayer can seem like hard work, and praying in twos can feel a bit exposed, experience suggests that praying together with two others in a safe, caring and confidential environment provides encouragement, fellowship and mutual support.

How often should we meet?

There are no hard-and-fast rules about this. Experience suggests that some prayer triplets will be able to meet every week, some once a fortnight, and others once a month. The key thing is that, whatever pattern you agree together, the triplet members commit to meeting regularly and to seeing their prayer time together as a priority.

What might we pray for?

Prayer triplets can pray for anything – there’s no definitive list of acceptable or recommended topics. Nor is there a set ‘formula’ for your time together; rather, you will probably find the pattern of your prayer together adapting to new needs and circumstances.

It is likely, however, that you may begin by sharing information or concerns that have arisen since your last session. This will help set the agenda for your time together. Thereafter, your prayer may well focus on some of the following:

- prayer for one another, and for the concerns of the triplet members
- prayer for something to do with the parish, maybe for a specific ministry, activity or event, and for our mission
- prayer for people in leadership in the church
- prayer for those in need, the sick, those convalescing, the bereaved, etc
- prayer for Walton and for our neighbours
- prayer topics suggested in the parish diary
- prayer for the wider world

That list is by no means exhaustive; you’ll find yourselves adding topics quite naturally, and please don’t forget thanks-giving for answered prayers.

Thank you for reading this leaflet. If you would like more information, please speak to one of the ministry team.

I hope you will take the plunge and choose to be in a prayer triplet. I believe that this tried-and-tested way of prayer has the potential to bear great fruit in our parish and to release and sustain more of God’s life in our midst.

Charles Stewart

Vicar