

HOW TO START AND MAINTAIN A PRAYER TRIPLET

The Prayer Triplet concept has great possibilities for fulfilling the vision of advancing God's Kingdom in the Health Field through Prayer, Evangelism and Discipleship. It has been particularly effective in places where there are few Christians in a health care facility, and where many Christians are working different shifts. This is how they work:

Three people meet for prayer on a regular basis (you and two of your colleagues). Each of you prayerfully asks the Lord for the names of three persons who are not yet believers, (e.g. fellow employees).

*** As a group you commit yourselves:**

- to pray for these nine persons. You will be praying for their known needs, especially for their salvation.
- to pray for one another's needs, encourage one another in your spiritual growth, and pray for and encourage one another in your relationship with the nine other persons you are praying for.
- to pray for spiritual awakening in your country, and especially in your area of influence in the health field.

The Prayer Triplet can potentially be a base from which those you have prayed for can be discipled. It will also build your relationship with the Lord and with one another. As the Lord answers your prayers for the salvation of those for whom you are praying, they can join your group for follow-up and nurturing in prayer. Eventually as more of the people you are praying for receive Christ as their Saviour, you can split up and form new groups, always keeping at least one spiritually mature member as part of each new triplet group.

*** Some practical points:**

- The other members of your group can be from different departments of your health care facility or even from your church.
- You could have a mini-Triplet Group (three people), or a maxi-Triplet Group (three married couples).
- The group should meet regularly (e.g. weekly or fortnightly), even if it is only for ten minutes. This could be during your break times, a half hour before or after duty, or at a specially arranged time that is suitable to all when you are all off duty. You may not be able to pray for each of the twelve persons in ten minutes, but you could try to meet more frequently and pray for various people in turns.
- Between times that you meet, continue to pray daily for one another and for the three people whose names you yourself have brought. Be sensitive to opportunities for witnessing to your three people.
- Confidentiality is very important. Anything that is shared within the group about one another, or the nine persons you are praying for, should remain within the group and not be told carelessly to other people. This is essential to establish trust among each other, and with the other people you are praying for. Breaking of trust in this way is gossip. The source of gossip will soon be exposed. Do not allow these strategic prayer meetings to disintegrate into sessions for gathering information for gossip, and eventually destroy your group.



Practical Application:

A. Ask the Lord to give you the names of:

- a.** three not-yet believers you could pray for in a Prayer Triplet
- b.** two other believers with whom you could develop a Prayer Triplet.

Write their names.

a.

b.

B. Share the Prayer Triplet method with the believers you have written down at your earliest opportunity and ask them to pray concerning their possible involvement.

Date	Person Shared With	Response
	1.	
	2.	

C. After you have filled in the above, make definite plans as to when you will begin to implement this method. Write them in your notebook under the following headings:

PLAN

DATE

