



# EXPLORE TRIADS

*As iron sharpens iron, so one man sharpens another. (Proverbs 27:17 NIV)*

## THREE ESSENTIAL CHURCH ENVIRONMENTS

Jesus consistently engaged in three types of environments:

- 1) **Large group:** The masses
- 2) **Small group:** Team of 13 people
- 3) **Micro group:** Jesus, Peter, James & John  
(Note God himself is a triad in his nature – Father-Son-Spirit)

Each environment plays a **different but very significant role** in the life of a believer with regard to both their spiritual growth and maturity and also the mission they are to live out. If anyone of these three influences is missing, then spiritual life may be hampered or hindered in some way.

### Large groups:

For church unity, vision, and global mission

### Small groups:

For being known, cared for, focussed discipleship, and local mission

### Micro groups:

For personal accountability and spiritual growth, breaking bondages, confession and encouragement, personal missional encouragement

## WHAT ARE EXPLORE TRIADS?

Triads are groups of three (possibly four) people of the same gender. One person will be the leader/mentor in each group and will assume responsibility for the direction and effectiveness of the group.

Triads are designed to provide personal support and accountability to help individuals grow in areas of:

- 1) Personal & spiritual growth and disciplines
- 2) Spiritual freedom – identifying and removing idols from their lives
- 3) Greater personal, missional effectiveness

These groups go much deeper and more intimate than is appropriate, or time-available in a small group.

In addition to some general areas of encouragement and accountability, individuals choose questions they would like to be asked to help them grow in their walk with Christ.

## ENCOURAGEMENT

It is easy to get discouraged with struggles and spiritual failure in our lives. We do not need spiritual police; we need spiritual encouragers. Sometimes all it takes is a little perspective and encouragement to help us move forward, conquer sin, and live spiritually disciplined and fruitful lives. Where there is no regular encouragement, there is little growth or change. We need people in our lives that have the permission to speak into key areas of our lives.

## HOW DO EXPLORE TRIADS WORK?

- Gatherings of three to four people that commit to journeying together for 10-12 months.
- Triads meet once a week or every second week - in person or through video chat.
- Meetings last approximately 60-90 minutes
- The mentor in each group will facilitate the meeting

### Possible meeting schedule:

- Share any life updates
- How is each one doing with their devotional reading? We will explain more about devotionals below.
- Spend approximately 20 minutes on each person
  1. What spiritual challenges are you currently facing?
    - Are you encountering personal barriers to spiritual freedom and growth?
    - How are you struggling to trust God in this area of your life? Is there a biblical passage that speaks to this?
    - What practical steps might you take in the next week to grow closer to God and find greater freedom in Christ?
  2. How have you taken steps to build relationships and share the love of Jesus with others?
  3. Is there a specific area in your life that you would like to be asked about for personal accountability over the next few weeks?

### Possible struggle areas needing encouragement:

- Relationship with your spouse
- Relationship with your children
- Spending habits
- Time management
- Pornography
- Alcohol, smoking, drugs etc.
- Other areas of temptation
- Personal struggles, etc.
- Distorted life priorities

**THE GOAL OF THESE TIMES IS NOT TO POLICE THE PERSON,  
BUT TO ENCOURAGE THEM FORWARD IN THEIR WALK WITH JESUS.**

## PERSONAL DEVOTIONAL TIMES

We desire that everyone at Explore Church know how to study the Bible. To do this, we are going to help create devotional packages to help you learn how to do so as we study various books of the Bible.

We will provide an introduction to a biblical book explaining:

- Who wrote the book
- To whom was the book written
- A description of the culture in which they lived
- Why the author wrote the book
- The outline of the book



What we are recommending you do is to read the designated passage each week and:

- Write a one-phrase summary of each paragraph in that passage – this could be four words that stress the main point of that paragraph.
- Did you learn anything about God through the full passage?
- Is there some practical way you can apply one of the truths expressed in that passage?

### PRAYER:

**P**raise God for who he is and how he is at work in your life.

**R**eflect on any sin barriers in your life and confess them to God.

**A**sk God for what concerns you and what you desire to happen in this world for the name of Jesus.

**Y**ield to God's will for your day.

**When you gather as a Triad, simply share what you are learning from the passages you read through the week.**