

Weekly Triad Rhythm 2: Prayer

At the center of life with Jesus is a life of prayer. One way to define prayer is *all life with God*. Almost all encounters with God, worship of God, hearing from God, and speaking to God can be referred to as prayer. Another way to think of prayer is as time spent turning your attention towards God, both in speaking and in listening. While there are many forms of prayer, we are encouraging your Triad to focus on three forms of Prayer: listening prayer, intercessory prayer, and confession. As you work through Prayer together, keep in mind:

In listening prayer:

- Avoid black and white language such as “God said” or “Jesus wants you to...” Instead, adopt more open language like, “I sense that God is saying...” or “Perhaps Jesus is inviting you to...”
- We are all learning, so do not be afraid to risk and share, even if you are uncertain!

In intercessory prayer:

- Keep your prayers simple and avoid giving advice. The point is to create time where you *ask* God on behalf of that person.

In confession:

- Practice invitation, not pushing. Avoid placing pressure on someone to confess sin or asking prying questions to draw out details they did not share.
- Value intimacy, not exposure. **Whatever is said in a Bridgetown Triad is confidential**, with the exception of threat of harm to oneself or others.
- Practice brevity, not rambling. More often than not, a simple confession is best and most helpful.
- Value listening over speaking. With rare exception, when someone is confessing sin, the hearers should be silent
- Provide absolution, not advice. Absolution can look like reading a passage about God’s forgiveness, praying for them and as you do praying God’s forgiveness over them, or simply looking them in the eye and telling them how much God loves them and how he is full of forgiveness towards them.

During your Prayer week, we recommend the following steps:

1. Spend some time catching-up (5-10 minutes)

2. Listening Prayer (35 minutes)

- Person A shares what they need prayer for.
- Person B & C invite the Holy Spirit, and then spend 2-3 minutes in silent listening.
- Person B & C share what came to mind during listening
 - **Revelation** (The image/word): “I get the sense that....” or “I had the image of...”.
 - **Interpretation**: “What I think it means is...”
 - and **Application**: if applicable, “I wonder if God is inviting you to....”
- Those who were listening and sharing (person B & C) ask person A if what was shared makes sense to or resonates with them.
- After finishing with Person A, you can move on to person B & C, time permitting.

3. Intercessory Prayer (20 minutes)

- Spend a few minutes simply praying for one another, asking God to work in the lives of the men or women in your Triad.

4. Confession (20 minutes)

- Prompt: What are one or two ways that you’ve failed to love God or others this week/month?
- Person A shares, Person B & C Listen. (Most often, this can be 2-5 minutes). “This week I didn’t love _____ well when I....”
- Person B & C pray for person A and/or proclaim God’s forgiveness over that person. Examples:
 - “_____, this sin is not who you are. You are loved by God and by us, and may you experience his love as you partner with God’s Spirit to become who you truly are in Jesus.”
 - Praying saying, “Father, thank you for your kindness and forgiveness over _____.”
 - “Thank you for sharing with us. Because of what Jesus has done, you are forgiven.”