

Prayer triplets

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Grassroots level prayer mobilization for congregations and prayer networks.

More emphasis is being placed on prayer worldwide. More individuals and groups are becoming involved in prayer. One very practical way to get people involved with the wonderful privilege of prayer is by means of prayer triplets. This method is used in many countries worldwide. It is very practical and it reaches people at grassroots level.

The whole idea has Matthew 18:19-20 as basis:

“Again I say unto you that if two of you shall agree on earth, as touching anything that they shall ask, it shall be done for them of my Father in Heaven. For where two or three are gathered together in my Name there am I in the midst of them.”

Here we are encouraged as two or three believers to pray together about matters of importance.

Prayer triplets can be used in congregations without it being a threat to the prayer meeting of the congregation. People can get together easily in small groups and develop confidence. The congregation's prayer meeting can ultimately grow and be nourished by these groups.

This method is effective for almost all groups: scholars, students, adults, professionals, housewives, clerks, etc. The principle is simply to seek two other individuals who are also Christians and who feel a need to pray with other people. Scholars for example, can easily find two other scholars to pray with them. The advantage is that their environment corresponds and they find it much easier to get a time and a place to pray together. This also applies to doctors, nurses, housewives, business people, etc.

What is a prayer triplet?

- It is a group of (two to) three believers who undertake to pray together on a regular basis. A group of three is used because it creates a situation where people feel free to participate and be themselves. In such a small group people are less nervous or scared that they will say the wrong things. Mutual trust and self-confidence are created. The group is large enough however, to form a team and to reach meaningful conclusions and solutions. The other advantage of such a small group is that every person's need can be attended to. In such a group people care for one another and the individual can be cared for.
- In Matthew 18:19-20 we get the specific promise that where two or three are together, God is in their midst and He answers their prayers.
- The group comes together to pray, not to talk, watch TV or for any other reason.
- The group must pray together on a regular basis, at least once a week.

What subjects are prayed for?

Prayer triplets can pray for anything. Prayer triplets can be used in preparation for a series of evangelist outreaches in a congregation, to pray for the nations of the world, to give people a greater feeling of belonging, and they can therefore also function as care groups.

The matters prayed for will be determined by the purpose for which the prayer triplet was formed. Where people are praying within the context of the congregation, the following will be very pertinent, and prayer triplets should be encouraged to pray for at least two of the following:

- revival, renewal, reformation, reconciliation and unity in the body of Christ,
- the unsaved and unreached.

The word revival means a new hunger for the Word and for a deeper relationship with God, greater commitment to God, and a life of fullness in the power of the Holy Spirit. True revival always has three elements:

- a deeper experience of worship,
- the spiritual growth of the congregation and
- the conveying of the message of redemption to the unreached.

When we pray for these matters, we pray in concentric circles from the inside out:

- Pray for personal revival.
- Pray for revival in your family and the unsaved in your family.
- Pray for revival in the congregation and for the salvation of the unsaved in the congregation.
- Pray for revival in your town and for the unsaved or unreached in your town.
- Pray for revival in your country and for the unsaved or unreached in your country.
- Pray for revival in the world and for the unsaved or unreached in the world.

When the above is used as a broad guideline we can become more specific and recommend the following for every prayer session:

- Every prayer triplet prays for the creation of three other prayer triplets – in other words the establishing of more prayer groups.
- Each member of the group prays for his or her family, especially for the unsaved people in the family.
- Each member of the group prays for three unsaved people by name – within or outside the congregation. In effect the prayer triplet therefore prays for nine unsaved people, and as soon as one person is converted, his or her name is replaced with the name of someone else.
- Each person prays for one spiritual leader, one missionary and one country or unreached group in the world.
- Any other matters can be placed on the prayer list.

How a prayer triplet is organized

- Set a clear objective. It is proposed that you meet on a weekly basis at least. Get a commitment from all three members to meet for prayers once a week for six months, for example. After six months assess whether to continue or to split up; just as the situation demands.
- Spend at least half an hour praying during a meeting.
- Look for a time that suits everyone. Ensure that it is a time that you feel awake and rested. It is also important to meet in a quiet place at a quiet time.
- An example of an agenda for more or less a half-an-hour meeting is the following:
 - Share a Bible verse and if possible, share an answer to a prayer with each other (4 min).
 - Start with worship, humility and confess your dependence on God (4 min).
 - Pray for personal renewal and for any personal needs (4 min).
 - Pray for unsaved people (4 min).
 - Pray for your congregation (4 min).
 - Pray for missionaries, mission fields and spiritual leaders (3 min).
 - Do intercession for other matters (4 min).
 - Conclude with praise, thanksgiving, worship and dedication to God (4 min).

Effective and goal-orientated leadership

In order to firmly establish the principle of prayer triplets, there must be someone to organize them efficiently. The following points should be taken care of:

- Contact should be maintained with the leaders or organizers of each prayer triplet.
- Prayer information should be effectively passed on to them.
- Every prayer triplet should form part of a larger group.

It may seem a less important part of the whole concept of prayer triplets, but if we wish to see the full potential of this strategy we will have to pay attention to the efficient organization of prayer triplets.

Here are some more practical thoughts:

- Prayer information can be passed on to all prayer triplets on a weekly basis. Especially when functioning within a congregation, prayer triplets should know what to pray for. It is also important to pass answers to prayer on to every group. This strengthens the faith of those praying and results in them praying with more dedication.
- Get the telephone numbers of each group leader or organizer, should urgent matters arise for prayer and also to maintain contact.
- There should be an opportunity where all the groups can meet once a week (such as on a Sunday night) or once a month to pray together.
- The groups should receive guidance on how to pray, and it would be a good idea to meet with group leaders at least once a month for half an hour, to get feedback and give direction.

Increasing prayer triplets

The following three things can be done to increase the number of prayer triplets:

- Pray for more prayer triplets.
- Speak to other people about the idea of prayer triplets.
- After the prayer triplet you have started has functioned for three to six months, you can split up. Each of the members can then look for two other people to form a new group. This will result in nine people praying. These splits can continue from 3 to 9, from 9 to 27, from 27 to 81 etc.

A further thought

Prayer triplets are ideal instruments for preparation of evangelistic campaigns, a series of meetings, special events and crisis situations. People, especially young people who have a full programme and who find it difficult to take part in other fixed prayer meetings, can be involved in this way. Prayer triplets can also be used to prepare those who are shy and the newly converted, to give them the self-confidence to pray, so that they can later join the larger congregational prayer meetings.

Become a pace-setter

In athletics, especially in the long distance events, we sometimes get a pace-setter. This is a person who runs in front right from the start of the race to set the pace, so that the athletes do not start off too slowly. Such a pace-setter normally does not remain in front right up to the end, but is often passed by the other athletes. A pace-setter plays a leading role at the start of the race. He runs in front and sets the pace.

Do you feel that you can be a pace-setter? If you will not take the lead, who will? Start one prayer triplet and encourage others to do the same.

In Singapore a small, shy girl started forming prayer triplets. Within a few months she had hundreds of young people praying together. You can be a pace-setter by starting a prayer triplet and then praying for a second one, etc.