

‘Devote yourselves to
prayer, being watchful
and thankful.’
Colossians 4:2

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Welcoming Everyone | Following Jesus | Sharing Life

What are Prayer Triplets?

They are three men or women gathered to pray for each other, other prayer needs such as future events, church needs, and those who don't know Christ.

Each person commits to praying for the groups needs and particularly upholding the other two members of the Triplet. You also hold the others accountable for actions they will take – encouraging and supporting them in their Christian walk.

When and how often do you meet?

You meet at a time convenient to all three, weekly or fortnightly at a home or place where it is comfortable to pray. The session should last no longer than an hour.

How does it work?

Perhaps start with tea/coffee and review answers to prayer and give thanks, share good and bad news. What is shared in the Triplet is confidential and should not be shared unless otherwise agreed.

For those less comfortable with praying aloud – silent or short one-line prayers should be encouraged. This is not a prayer marathon or competition! What is important is that sufficient time is set aside for prayer and that discussion does not dominate the session.

Recording what and who you are praying for is encouraged. Prayer diaries can be very useful to reflect on answered prayers.

Who can join a Triplet?

Anyone who would value being in a small group to pray is welcome to join a Triplet.

How do I find others to join with?

Speak to Duncan Willows at church or email or call him on duncan.willows@gmail.com or 07766 68 22 11.

It is important to find the right people to pray with – so it may take a while for Triplets to form.

Key benefits of a Triplet

- It is encouraging to know that two others are supporting you in prayer.
- Triplets help you dream bigger dreams than you might do on your own.
- They help us turn our prayers into actions.
- They enable us hear God more clearly.