

# Prayer Triplets

Prayer is central to our Christian walk with God and relationships between believers. At Whitefriars we want to provide everyone with the opportunity to meet regularly and pray together, to share needs, and to pray in oneness of purpose and vision. Christ is the cornerstone of our faith and through prayer we seek to know him more and make him known.

## Getting Started

There are a number of ways to link in with Prayer Triplets at Whitefriars.

- Invite a couple of others to start your own group
- Join an existing group
- Register your interest and let us help you find others

Experience shows that it's probably best to have a single sex group, especially when considering possible close relationships that might develop in the group.

It doesn't matter if there are four of you who meet together, but when you reach six it's probably time to split the group.

It's always worth remembering that God might already have in mind who you ought to ask. Pray that he will help you in this first step.

# First Steps

Prayer Triplets do not all have to meet up at the same time. It could be lunch time, after work, early morning or Saturday afternoon. Agree a time and a place that is convenient for everyone. Most importantly it needs to be consistent.

Pick a time and a place that everyone can make every week or fortnight. Have a meeting place where you are unlikely to be interrupted and where there is reasonable quietness. It's not a bad idea to be able to have a drink and a snack.

## Linking Up

When you've decided to meet do let us know so that you can be kept regularly informed as well as being supported in prayer. Complete the form over the page.

If you are meeting up with people outside Whitefriars we'd still like to know so we can support you and your group.

As well as being kept informed we'd very much like to hear back from you, about what God is saying to you as a group, wider prayer requests and specific answers to prayer.

# Commitment

It is very important that meeting together is seen as a strong commitment to God and to each other, in which we apply a high level of spiritual discipline. Prayerfully consider your role and responsibility to the group.

You may feel you need to be a part of more than one group, but don't over-stretch yourself. Be sure you can maintain your commitment to the group.

## The Pattern

It's helpful to have a pattern for each time you meet up. This does not have to be the same for each group. Suggestions are:

- Start with a short bible reading
- Have a time of silence and wait on God
- Use a set prayer as an opening response to God
- Share specific needs known to the group
- Listen to a worship song
- Keep a prayer diary for the group

God has a clear purpose and plan when bringing people together. There may well be a pattern to the things He leads you to pray about.

Be open to the Holy Spirit to speak through you to the other in the group.

# Prayer Triplets Registration

Please give the name and address of each person in your group and return this form to Nick Amis, 5 Portland Road, Rushden, Northants, NN10 0DJ.

**Name:** .....

**Address:** .....

**Tel:** .....

**Email:** .....

**Name:** .....

**Address:** .....

**Tel:** .....

**Email:** .....

**Name:** .....

**Address:** .....

**Tel:** .....

**Email:** .....

**Name:** .....

**Address:** .....

**Tel:** .....

**Email:** .....

Who is the main contact? .....

But if I say, "I will not mention him or speak any more in his name, "his word is in my heart like a fire, a fire shut up in my bones. I am weary of holding it in; indeed, I cannot.

Jeremiah 20:9

All enquiries to:  
[nickamis@yahoo.co.uk](mailto:nickamis@yahoo.co.uk)

# PRAYER TRIPLETS



## WHITEFRIARS CHURCH



PART OF THE  
CHURCH OF ENGLAND  
IN RUSHDEN

<http://www.whitefriarschurch.org.uk>