

PASSION CREEK CHURCH



Triads

A GUIDE TO CONFESSION, DISCERNMENT & ACCOUNTABILITY

Groups of 3 men or women who meet weekly or bi-weekly to pray together, share their lives, and encourage one another towards personal holiness.

FORMED BY JESUS · [PASSIONCREEK.CHURCH](https://passioncreek.church)

WHAT IS A TRIAD?

At Passion Creek, our goal is to make ~~attenders~~ disciples who reorient their lives to be formed by Jesus, together, for others. But this isn't something you can do on your own. Throughout centuries, Christians have recognized the need for close-knit friendships centered around accountability in the way of Jesus. While Together Groups and the Sunday gathering are a part of this, we need spiritual friendships where we can share our lives fully alongside others also committed to being formed by Jesus.

Triads do not replace Together Groups. They're meant to supplement Groups as a more focused and protected space for transformation. Simply put:

Triads are groups of 3 men or women who meet weekly or bi-weekly to pray together, share their lives, and encourage one another towards personal holiness.

Inspired by historic Christian practices of small, confessional communities used throughout church history, Triads are places where you'll talk honestly about your life. During Triad meetings you will share your sins and struggles as well as your growth, you'll listen for God together, and you'll help each other take intentional steps of obedience each week. Triads are for anyone who's looking to deepen their relationship with God and each other. They're safe, confidential, and full of grace.

TRIADS HAVE 3 GOALS

01

Confession

Provide a safe space to bring sin into the light.

02

Discernment

Help you learn to discern God's movement in your life.

03

Accountability

Hold you accountable in obeying God's invitations.

Triads are different from basic accountability groups in that they're aimed at something deeper than just sinful actions and behaviors. The aim of Triads is to slowly offer healing at the deepest parts of our souls: our motivations, desires, and longings. Triads, therefore, are oriented towards personal transformation, or holiness, not just behavior modification. The goal in meeting with your Triad is not simply to confess sin, but to experience healing and transformation that only comes from obedience to the Spirit's prompting in your life.

— COMMITMENTS

Triads are safe, vulnerable, and holy spaces. It's where we share our lives openly over time with trusted friends and fellow disciples. But in order to make these spaces safe for sharing and vulnerability, here are the commitments each Triad member should agree to:

Consistency

To be in a Triad is to make a commitment of consistency to the others you'll be meeting with. Triads should form based on mutual interest, availability, and spiritual hunger. You shouldn't leave a Triad due to personality differences, conflict, or discomfort. Instead, use these as opportunities to grow even more in your formation and compassion towards others. Triads should meet weekly or bi-weekly. While there is freedom here in how often you meet, it's highly suggested that you don't go longer than two weeks in between meetings. Trust also comes from consistency, so it's important to commit to attending your Triad meetings. By being in a Triad, you're committing to making it to each Triad meeting and doing what you can to avoid cancellations.

Compassion

Triad members should lead with compassion. When someone shares something vulnerable, such as a struggle or a confession of sin, your primary goal is to meet them with the love of Jesus. It may be helpful to adopt a short phrase that you say to each other when sin is confessed, such as *"because of what Jesus has done, you are forgiven and loved by God and by us."* In Triads, we're reminded that our sin is not who we are, that we've been made new, and that our identity is in Christ, not our failures (2 Corinthians 5:17). As such, follow up questions may be asked, but the purpose of the Group is not to offer help, advice, or solutions to problems unless asked. Your goal is to provide a tangible expression of God's compassion towards those in your Triad and learn to discern what God's invitations might be together.

Confidentiality

Whatever is said and shared during your Triad meeting is completely confidential, with the exception of threat of harm to oneself or another individual. When you share, you should be able to trust that your sins and struggles will remain with the Group, not shared with anyone else.

HOW TO HAVE A TRIAD MEETING

When you first start meeting with your Triad, it might take some time to get comfortable enough to share vulnerably. Don't force this. Continue meeting together and offering each other space to share as you feel led. It may be helpful to only cover the first 3 questions for the first few meetings in order to get familiar and comfortable with each other.

During your Triad meeting, you should expect to spend 15–20 minutes on each person. While Triads should be a place of healing over the long-haul, try to avoid “trauma dumping.” Triads exist to support you as you walk with Jesus, not fix or solve your problems. Here's a basic Triad rhythm you can use for each meeting:

1 Opening Prayer

To start, invite someone to pray over your time together. You could rotate who does this each week, or you could use the following prayer by reciting it together each week:

Come, Holy Spirit.

Come, Lord Jesus.

Come, Merciful Father.

Give us openness to hear your voice, discernment to know your will, unity to walk together, and strength to obey your Word.

Teach us to follow you.

Amen.

2 Discussions (optional)

If you'd like to commit to reading Scripture or a spiritual book together, you could read and/or discuss that reading here. Alternatively, you could also use this time to catch up and check-in on each other before moving to the questions.

3

The Questions

After you pray to open your time, invite someone to be the first to share. Questions 1–3 are foundational to Triads and shouldn't be passed up. Questions 4–6 require more vulnerability, so give everyone space and allow them the freedom to say "I'm not ready to answer that question yet." Work through all 6 questions in this order with one person before moving on to the next person:

☐ **How is it with your soul?**

This question has been used in various forms for centuries as a simple way to ask how someone is doing on a deeper level. Throughout the Bible, the word soul is used to describe the essence of who you are, the innermost part of you, the seat of your emotions, will, thoughts, and desires. To answer, think about how you're coming into this Triad meeting. Are you at peace? Angry? Anxious? Stressed? Tired? There's no wrong answer here, this is your chance to share how you're experiencing life in this season.

☐ **Where have you struggled and where have you seen growth this week?**

To keep Triads from becoming depressing, sin-focused, and repetitive, you should have space to share both your struggles and your successes. What's been hard or heavy lately? This could be a sin or spiritual struggle, relationship problems, work issues, or anything in between. Where have you seen growth, success, or an answer to prayer? This could be overcoming temptation, growth in your discipleship, success at work, or a win in your relationships.

☐ **What is God saying to you now?**

One of the goals of Triads is to learn to discern God's voice and will in your everyday life. To answer this question, think about patterns, convictions, thoughts, or conversations that seem to be coming up frequently. What thoughts have been occupying your mind this season? What are you learning from the Scriptures?

☐ **Do you have any sin to bring into the light?**

The goal of confession is not simply to confess sinful behaviors and outward actions. Rather, it's to recognize where your sinful flesh is still fighting against the Spirit within you (Galatians 5:17). By asking and answering this question, you're learning to recognize the ways in which your innermost being is not yet conformed to the image of Christ, even if it never results in an outward action. At Passion Creek, our goal is to help you grow in your walk with Jesus so you can begin to recognize sin at the deepest level of your soul, down to your motivations and desires. Triads are a safe space to confess what the Spirit reveals, whether it's a surface-level action or behavior, or a deep-rooted motivation or desire. Consider these four different layers of sin from Dr. Robert Mulholland Jr, summarized by John Mark Comer:

Gross Sins	Major sins such as what Paul names in Galatians 5: sexual immorality, witchcraft, fits of rage, drunkenness, etc.
Conscious Sins	Sins that are socially acceptable, but not honoring to God such as materialism, greed, lust, gossip, etc.
Unconscious Sins	Sins of omission and motivation, where you ignore doing the right thing, or struggle with doing things with impure motivations and desires.
Attachments	The deepest layer of sin, where we attach ourselves to good things as a source of joy and dependence rather than on God.

John Mark Comer, *Spiritual Cartography: Four Layers of Sin*. 3–10.

☐ **Is there anything you're keeping hidden?**

This question may not necessarily uncover sin. There are a variety of circumstances, burdens, desires, thoughts, or struggles that we might hide from those around us. While this question could open an opportunity to confess deeper or more habitual sins, it can also provide opportunities to share anything that we feel stuck with or burdened by that we haven't had a chance to share with others. Think of this as a way to help carry one another's burdens as Paul tells us to do in Galatians 6:2. If someone isn't ready to share anything, they can simply say "no," "I'd prefer not to share here," or simply choose not to answer this question. There's no pressure in Triads, only invitations.

☐ **What is one step of obedience God is calling you to take?**

This last question is meant to help you discern God's voice in your life, but also to help you habituate obedience. It might be that God is inviting you to reconcile with someone, stop a sinful habit, or begin a new practice. It could also be that God isn't inviting you to do anything differently. Regardless, this last question is an opportunity for accountability in your obedience to Jesus as you leave your Triad meeting.

4 **Closing Prayer**

After everyone has had a chance to share their answers to the questions, close with prayer. Again, you could each take turns praying for each other, have one person close in prayer on their own, or use the following as a benediction to end your Triad meeting:

*Father, Son, and Holy Spirit,
Thank you for meeting us here.
We give you what we've shared,
And we seek to follow you with open hands.
Help us love you and others better as we leave this meeting.
Amen.*

OTHER SUGGESTED PRACTICES

As you begin meeting regularly with your Triad, you might want to consider some of these additional practices to grow even more together:

Read or memorize Scripture together

You could agree to a shared reading plan, memory verse, or integrate Scripture reading into your Triad meeting rhythm. For more resources on reading scripture, visit formedbyjesus.com/scripture.

Fast & Pray

Consider committing to a regular day or time of fasting and prayer, where you agree to fast on the same day each week and hold each other accountable, or pause at the same time each day for a quick moment of prayer. For more resources on fasting or prayer, visit formedbyjesus.com/fasting and formedbyjesus.com/prayer.

READ A SPIRITUAL BOOK

If you'd like, you could read a book together and discuss during your Triad meetings. Here are some recommendations:

Invitation to a Journey

ROBERT MULHOLLAND JR.

Eternity is Now in Session

JOHN ORTBERG

The Great Omission

DALLAS WILLARD

Steps

JOHN ORTBERG

Fighting Shadows

JEFFERSON BETHKE & JON TYSON · **MEN**

Get Out of Your Head

JENNIE ALLEN · **WOMEN**

Celebration of Discipline

RICHARD FOSTER

Emotionally Healthy Discipleship

PETER SCAZZERO

Made for People

JUSTIN WHITMEL EARLEY

The Good and Beautiful God

JAMES BRYAN SMITH

Delighting in the Trinity

MICHAEL REEVES

The Non-Anxious Pastor

TREY VANCAMP

Nine Practices to Make Disciples

TREY VANCAMP & CALEB MARTINEZ

You Are What You Love

JAMES K.A. SMITH

TRIAD MEETING GUIDE

Keep this page open during your meeting.

1 Opening Prayer

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Come, Lord Jesus.
Come, Merciful Father.
Give us openness to hear your voice,
discernment to know your will, unity to
walk together, and strength to obey
your Word.
Teach us to follow you.
Amen.*

2 Discussion

Optional: shared reading, or a check-in.

3 The Questions

- ☐ How is it with your soul?
- ☐ Where have you struggled and where have you seen growth this week?
- ☐ What is God saying to you now?
- ☐ Do you have any sin to bring into the light?
- ☐ Is there anything you're keeping hidden?
- ☐ What is one step of obedience God is calling you to take?

4 Closing Prayer

*Father, Son, and Holy Spirit,
Thank you for meeting us here.
We give you what we've shared,
And we seek to follow you with open
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Help us love you and others better as
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TRIADS AT PASSION CREEK



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together, for others.

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