**Prayer**

You will have more than enough fuel for prayer after having reflected on the Word and asked one another “the soul question.” Someone should read the following Bible verse to clearly note that the KT is transitioning from the Fellowship to the Prayer element–

***“And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.”*** *(Ephesians 6:18)*

After this verse is read, quietly invite, and then listen for, the Holy Spirit to give you faith and/or direction on how to pray for one another. After a few moments, someone can start by praying out for another. Prayers should be direct and brief, without an “amen” after each short prayer. Another member can then add onto that prayer or start into another area for the same person or for another person altogether. It is okay to move back and forth between KT members praying as well as between who is the object of the prayers. Once the needs and/or prayer energy seems to have been exhausted, someone can wrap up this time with a short prayer, concluding with “Amen.”

If you are in a public space, take a moment to briefly discuss any direction members are sensing in terms of praying for that setting and the people there. Then pray in alignment with what you have sensed.

Kingdom Tria Covenant*: I understand that what is shared in my KT meeting is* ***confidential****. I will only disclose, and then only first to a pastor for counsel regarding the next step, information that I perceive places someone in danger. (Examples: talk of harming self or others, sexual abuse, etc.) I will guard against the temptation to* ***judge*** *or* ***fix*** *others with graceless or prayerless considered counsel. On occasion, when prayerfully considered and permission sought and granted, offer biblical input as the Spirit guides.* \_\_\_\_\_\_\_\_\_\_

Kingdom Trias

Field Guide



**What is a Kingdom Tria (KT)?**

KT’s consist of three (or four) people of the same gender following the model of Peter, James and John who were often found together with Jesus. They developed a close spiritual relationship with one another in the presence of Jesus. The KT gathers regularly for a time of spiritual bonding through time in the **Word**, spiritual **fellowship,** the **breaking of bread** and **prayer.** These have always been, and continue to be, the core practices of the kingdom of Jesus –

*“They devoted themselves to the apostles’ teaching (Word) and to fellowship, to the breaking of bread and to prayer.” (Acts 2:42)*

**What does a KT gathering look like?**

Ideally, a KT will gather for one hour and follow the fourfold flow of Acts 2:42. Each element, after the breaking of bread which will only take 1- 2 minutes, should be allotted 15-20 minutes.

* Open with the “breaking of bread”
* Read and discuss a passage of Scripture and conclude with

each person making an *“I will \_\_\_\_\_”* commitment.

* Ask one another the question, *“how is it with your soul?”*

Answer honestly. Listen without judging or fixing.

* Pray for one another in light of what has been shared.

If you are in a public space, leverage that to pray, sensitively, a blessing over that place and those nearby.

**BREAKING BREAD**

**What does it look like to “break bread” together?**

Bread is a symbol for Jesus as well as for the community of His followers. Intentionally set your KT time apart by taking bread, dividing it among yourselves and eating it. In so doing you can tangibly recall that Jesus is present among you and that you, as brothers/sisters, are now entering into a spiritually important – *holy* – experience. This can be done utilizing this simple exercise.

One person acts as “host” for this meeting but it should not always be the same person. They hold up the bread (or cracker), and say:

*Jesus, you are the Bread of Life. You are welcome here. You gave your body to be broken that we might be made whole. Heal us and make us whole.*

Each person breaks off a piece and eats it. Then the host continues.*Jesus, because you live in us, we are your Body in this*

 *place. Fill us afresh now and use us for your glory.*

Then the KT affirms these words by saying in unison -- “**Amen.”**

**WORD (Apostles’ Teaching)**

**What do we read in the Bible?**

All of Scripture is beneficial for study. You may choose to read and discuss any portion of Scripture on which your KT agrees. The reading should be systematic, like reading through a Bible book, and succinct - the shorter the better, typically. We will provide a suggested reading plan as your KT launches in order to help lay a solid foundation.

**Read the passage and then discuss these three questions:**

*-What do we learn about God, people and/or the spiritual realm?*

*-What do we learn about how to better follow Jesus?*

*-What will I put into practice, or recommit to practicing, this week in light of what we just read in God’s Word? “I will \_\_\_\_\_\_\_\_\_”*

**FELLOWSHIP**

**What do we mean by the question: *how is it with your soul?***

There are dozens of factors that contribute to the condition of our soul. The questions below are all part of honestly assessing “how is it with your soul?”

*Is there a victory to celebrate, or answered prayer to testify to?*

*Is there a sin (of “commission” and/or “omission”) to confess?*

*Is there a temptation you are facing?*

*Is there a hurt or wound discouraging you?*

*Is there a step of faith and obedience that needs to be taken?*

*Is there a situation causing you anxiety / stress / worry?*

**A word about trust and confidentiality:**

These groups are designed to be “high trust” environments. Without confidentiality KT’s are pointless. The KT should read the “Kingdom Tria Covenant” on the back page together and agree to it. Then confirm agreement by initialing in one another’s presence.

Suggested Readings for your Kingdom Tria:

In light of our focus on prayer in these KTs,

we recommend you’re your KT reviews of how

Jesus modeled and taught about prayer early

in your life together.

* Matthew 6:5-8
* Matthew 6:9-15
* Matthew 14:22-24
* Matthew 19:13-15
* Matthew 26:33-56
* Mark 1:32-39
* Luke 3:21-22
* Luke 5:15-16
* Luke 6:12-16
* Luke 9:18-22
* Luke 11:1-4
* Luke 11:5-13
* Luke 22:31-34
* John 14:15-17; 16:25-28
* John 17:1-5
* John 17:6-19
* John 17:20-26
* Hebrews 5:7-10

Suggested Readings for your Kingdom Tria:

In light of the timing of FCC’s Kingdom Tria

experiment and our series on the Sermon

on the Mount, a systematic reading of

Matthew 5-7 is highly appropriate.

* Matthew 5:1-10
* Matthew 5:11-16
* Matthew 5:17-20
* Matthew 5:21-26
* Matthew 5:27-30
* Matthew 5:31-32
* Ma7:tthew 5:33-37
* Matthew 5:38-42
* Matthew 5:43-48
* Matthew 6:1-4
* Matthew 6:5-15
* Matthew 6:16-18
* Matthew 6:19-24
* Matthew 6:25-34
* Matthew 7:1-6
* Matthew 7:7-12
* Matthew 7:13-14
* Matthew 7:15-23
* Matthew 7:24-29

Kingdom Tria Gatherings

*“They devoted themselves to the* ***apostles’ teaching*** *and to* ***fellowship****, to the* ***breaking of bread****and to* ***prayer****.” (Acts 2:42)*

1. Open with the **“breaking of bread”**

One person acts as “host” for this meeting but it should not always be the same person. They hold up the bread (or cracker), and say:

*Jesus, you are the Bread of Life. You are welcome here. You gave your body to be broken that we might be made whole. Heal us and make us whole.*

 Each person breaks off a piece and eats it. Then the host continues.*Jesus, because you live in us, we are your Body in this place. Fill us afresh now and use us for your glory.*

 Then the KT affirms these words by saying in unison -- “**Amen.”**

1. Transition to engaging the **Apostles’ Teaching/Word**

Read and discuss a short passage from the Sermon on the Mount. Utilize the questions on the front inside cover. Conclude with “I will \_\_\_” commitments.

1. Engage in spiritual **fellowship** by sharing and listening

Ask one another the question, *“how is it with your soul?”* *(Praises? Confessions? Temptation? Worries? Hurts? Callings? Etc.)*

Answer honestly. Listen without judging or fixing.

1. Conclude with unhurried **prayer** for one another

Focus first and foremost on those present and what has been shared in discussion of the Word, the “I will \_\_\_\_\_\_” commitment, and the “How is it with your soul” question.