**Jesus-Centered Trios – 6 Sessions**

**-Dr. Dave Rahn-**

**THE BIG IDEA**: We hear the audible voice of God three times in the New Testament—on the Mount of Transfiguration, Jesus’s disciples hear this: “This is my dearly loved Son, who brings me great joy. Listen to him.” It’s easy to jump over those last three words, but we have a sacred invitation to pay better attention to Jesus. So, let’s establish a weekly *“reminder habit”* to help us practice and multiply relationships that are distinctly defined by listening to Jesus as the center of our life…

**SEED**: This is not a curriculum to follow—it’s a simple “seed” experience to replicate.

**TIME**: Even busy people can give 30 minutes a week for six weeks to a life-giving, catalytic habit.

**ZOOM**: Online meetings work well to keep 30 minutes crisply defined, and require no travel. The Host will need access to a Zoom account—since the length of each session is 30 minutes, you can get a free Zoom account with a 40-minute limit if you want (zoom.us). The Host will send out the Zoom link to the account ahead of time, every week.

**SIZE**: A group of three allows meaningful, brief sharing by all—with flexibility as needed.

**HOST**: One person convenes and leads the Trio, guarding time allotments and the meeting focus.

***JOIN?*** The Host parents invites two other parents to practice a weekly habit that helps their friendship orbit Jesus as Lord. Half of the 30 minutes is spent talking *about* Jesus *to* one another; the other half is spent talking *to* Jesus *about* one another.

***CLAP!*** For the first half of the meeting, each person offers a 5-minute response to a Host-selected prompt question, carefully spotlighting Jesus for celebration. The idea is to tell *glory stories—*to notice and marvel at Jesus, and resist the temptation to co-star. Well-designed, Spirit-led prompts call for eye-witnessed, fresh Jesus sightings. Some examples:

***• “What have you noticed Jesus doing in your life during the past week?”***

***• “Describe where and how Jesus has surprised you recently.”***

***• “How does Jesus seem to be working with you in a difficulty you’re going through?”***

As each person responds to the prompt, the two others in the Triplet ask follow-up questions until the sharing time for that person reaches 5 minutes.

***PRAY...*** For the second half of the meeting, each person receives prayer from the other two Triplet partners, allotting 5 minutes for everyone to be prayed over. This means that prayer can afford to be contemplative, playful, and patient. Each person should pause first to ask the Spirit of Jesus to lead them into prayer for the designated other—like children, we are open to “playing” with new forms of prayer, including prayer prompted by an image, a word, a Scripture passage, or an impression. The goal is to trust Jesus first before praying. At the end of 5 minutes, the focus of prayer shifts to the next person, until all in the Triplet have been prayed for.

**WHAT HAPPENS NEXT?**: After a Jesus-Centered Trio completes six weeks, they can:

1. Decide to keep going another six weeks, with a new set of six guided experiences,
2. End their weekly meetings, and/or
3. Decide one member of the Trio will serve as Host for a new Trio, inviting two new people into it and using the first set of six guided sessions.

**ENTERING INTO THE EXPERIENCE:** Each session includes the same instructions for the Welcome and Guidance for Prayer Time—as the Host, you decide how much of these instructions your Trio members need to hear each time. You can jump right into the prompt after a short welcome, or you can repeat these instructions each time to “ground” the Trio in the experience—your choice. At the close of each session, be sure to remind the Trio about the date and time of your next meeting. And remember to send out the Zoom link and a reminder ahead of time.

**Session 1**

**Welcome:** Thank you for carving time out of your day to be together for 30 minutes.

• The purpose of this time is to connect with each other around our shared relationship with Jesus—each of us will have a chance to share about our life experience of following Jesus, responding to a prompt and interacting with what each of us shares…

• After each person shares their response to the prompt, the other two will ask follow-up questions until we hit the 5-minute mark, then the next person will share their response to the prompt. Our goal is to follow our curiosity, and the guidance of the Spirit within us, as we ask follow-up questions. I’ll also post in the Chat some possible follow-up questions, if you’re stumped for what to ask.

• At the 15-minute mark we’ll transition into praying for one another… I’ll say more about that when we get to that part. Let’s get started!

**Prompt *(5 minutes for each person, posted in the Chat)*:***“What have you noticed Jesus doing in your life during the past week?”*

**Possible Follow-Up Questions *(Post these in the Chat)*:**

**•** How do you sense the presence of Jesus in your everyday life—what are the “key indicators”?

• Sometimes we notice Jesus in our everyday challenges or struggles—what’s something that surfaces for you about His involvement in a challenge or struggle this week?

• What impact on your life do you experience when you sense Jesus is involved?

• Why do we often miss the presence of Jesus in our everyday experiences?

**Guidance for Prayer Time:** Our prayer time together is also 15 minutes long, with 5 minutes for each person. Instead of asking for prayer requests, we’ll be trusting Jesus to show us how to pray for our two other participants. Here’s how this works…

• I’ll pick someone to be prayed for first, and we’ll spend five minutes just focused on praying for that person.

• The other two participants will stop in silence, asking Jesus to show us how to pray for the designated person. We’ll wait until we have some kind of guidance, and then we’ll pray.

• We can pray more than once for the person. So just wait for guidance, then pray, then wait for additional guidance and pray again if you want.

• When the “nudge” to pray seems finished, we’ll simply wait in silence until the 5 minutes is up.

• We’ll keep moving the focus of prayer to the next person, until all three of us have been prayed-for.

**Closing:** Thanks for a great 30 minutes together. We’ll see each other next week at \_\_\_, on this same Zoom link: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Session 2**

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• At the 15-minute mark we’ll transition into praying for one another… I’ll say more about that when we get to that part. Let’s get started!

**Prompt *(5 minutes for each person, posted in the Chat*):** *“Describe where and how Jesus has surprised you recently.”*

**Possible Follow-Up Questions *(Post these in the Chat)*:**

**•** How do you recognize the “fingerprints” of Jesus in a situation—what tips you off, and why?

• Sometimes we recognize the involvement of Jesus in our life only in retrospect—why do you think that is?

• What impact on your life did this “surprise” have?

• How do you typically respond when you sense Jesus is involved in some surprising way in your life, and why?

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**Prompt *(5 minutes for each person, posted in the Chat*):***“Which picture prompts something you admire, respect, and love about Jesus, and why?”*

**Use the Screen-Sharing feature on Zoom to show these photos…**

A picture containing outdoor, person, sky, travel

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**Possible Follow-Up Questions *(Post these in the Chat)*:**

**•** What are the primary ways you’ve learned to trust Jesus in your life, and why?

• What is easy to appreciate about Jesus, and what is more challenging to appreciate? Explain.

• When was a time during the last week that you felt like worshipping Jesus, and why?

• Do you tend to “see” Jesus better when things are going well in your life, or when you’re struggling? Explain.

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• At the 15-minute mark we’ll transition into praying for one another… I’ll say more about that when we get to that part. Let’s get started!

**Prompt *(5 minutes for each person, posted in the Chat*):***“How does Jesus seem to be working with you in a difficulty you’re going through?”*

**Possible Follow-Up Questions *(Post these in the Chat)*:**

**•** When you are facing difficulties, do you quickly remember to invite Jesus into the situation, or does that happen later on? Explain.

• What do you notice about the way Jesus shows up in your everyday challenges or struggles?

• What are your expectations of Jesus when you’re going through something challenging, and why do you have those expectations?

• How do you deal with your disappointment when Jesus doesn’t seem to “come through” during a challenging season or situation?

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**Prompt *(5 minutes for each person, posted in the Chat*):***“Paul said that, compared to knowing Jesus, everything else in his life seemed like “garbage” (Philippians 3:8-9)—in what ways do you relate to what Paul was trying to express?* *Choose a photo that best represents your response, then explain why.”*

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**Possible Follow-Up Questions *(Post these in the Chat)*:**

**•** Paul’s declaration seems a little over-the-top at first blush—what do you think is fueling his emotions? Explain.

• What are some things in your life that seem to “compete” with your love and commitment to Jesus, and why?

• When you are appreciating Jesus most deeply, what has led to that, and why?

• In what ways has your relationship with Jesus changed over the last year, and why?

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**Prompt (5 minutes for each person):***“In what ways do you feel ‘seen’ and ‘appreciated’ by Jesus, and why?”*

**Possible Follow-Up Questions *(Post these in the Chat)*:**

**•** We usually feel more comfortable saying things to Jesus in prayer than receiving something from Him—what has been challenging about “hearing” the voice of Jesus in your life?

• Jesus tells us, over and over, that He wants to be with us and enjoy us forever—in what ways have you struggled to believe that, and why?

• Do you feel worthy of Jesus’s love—if so, why? If not, why not?

• What’s something you’ve experienced that reminded you that Jesus loves you, and why?

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