



The **CROWN** Rhythm

DISCIPLESHIP TRIPLETS (Groups of two, three and four.) USING THE QUESTIONS

USING THE QUESTIONS (SPECIFICS)

GENERAL GUIDANCE

The questions are designed to open conversation with the aim of helping each member of the triplet to grow. The week by week repetition has a cumulative effect, enabling progress to be made towards establishing and then sustaining God-filled habits and patterns.

There isn't time to talk in depth on each question, every week, the group need to discern for each person at which point it is right to stop and discuss further. This may be to celebrate progress or to address and issue. Behind the questions are wider resources to help each member of the group go deeper. The CROWN discipleship questions offer a qualitative edge to prompt more discussion on these things:

<https://static1.squarespace.com/static/5cdd610185ed740001053f60/t/61bde64e1b165442afae163b/1639835230808/crown+trifold+discussion.pdf>

GO THROUGH THE LIST OF QUESTIONS WITH EACH PEOPLE IN TURN.

Since we last met....

1. Have you been able to meaningfully join with and serve your church family? (C:Community)*

The Community pattern of CROWN challenges us to choose to really belong and play our part in the Church Community. This is more than just 'turning up' - although that can be important - but finding our place, using our gifts, serving others and praying and worshipping together.

2. Have you had a good balance of work and rest? (R: Recreate)*

We work from a place of rest. Rest is a gift to us, life-giving and commanded (Ex 20:8). We refuse to run at the pace of the World!

Amongst the week's busyness, were we able to include times of:
Stopping - choosing not to work, to have times when gadgets / phones / etc are switched off.

Truly Resting - a sense of switching off and restoration for body, soul, Spirit, etc.

Renewal - meeting with God, without agenda, in His word and worship and prayer.

Celebration - having fun and joy with those that we love.

It may help to consider which aspect of Rest needs attention first. Is it Stopping, Resting, Renewal or Celebration? Then keep each other accountable to form it into a consistent and life-giving pattern.

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3. Have you been honouring, understanding, and generous in important relationships this week?

Discipleship is not a matter of 'doing things in church'. If we are growing in our faith, it should make a difference in our closest relationships.

The early placement of this question highlights the importance of this - and should help the group better hold their commitments to church, work and home in the right balance.

It may help tease out areas of difficulty that God wants to bring into the light for healing. The group is there to support each other in helping close relationships become all God would want.

4. Have you given in to any addictive behaviour or struggled with negative thought patterns? Explain

Addictive behaviours, include substance abuse and alcohol but also controlling behaviours such as persistent negative thought patterns, being addicted to gossip, giving too much time to our phones or social media, etc.

Of course, where substance problems are issues it is important the group offers grace and not condemnation. A group may not feel equipped to help but could offer someone accountability to seeking help and professional advice for more serious issues.

Again more fundamental or deep-rooted issues may mean the group supports someone as they seek prayer ministry, counselling or professional help.

5. Have you continued to be angry, frustrated or bitter towards anyone?

The Bible is extremely realistic when it comes to how our relationships can go wrong. Pausing to reflect also challenges us to consider if we've played any part in creating the problem.

Confessing this to others can be freeing - but wisdom is needed when there may also need to be a reconciliation or how to act well in a difficult situation. Jesus gives excellent guidance on this (Mt 18:15-17). The aim is to ensure no root of bitterness grows up among us. (Heb 12:15)

If a situation feels too difficult for the group it may be wise to seek external help.

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6. What is God doing among your “pray for five.”? Have you had opportunities to share God’s love? (e.g. SALTI conversations, acts of kindness, etc) (N: Networks)*

This question helps us to look outward. The NETWORK patterns lead us to be consistently praying for people to come to faith. There are helpful prompt cards for “Pray for 5” and “SALTI”. We believe that if we genuinely ask God to give us 5 to pray for, he will put people in our path to pray for.

Great resources to help us be sharp when using the SALTI framework as well as getting started with praying for five can be downloaded from the resources of the website.

7. Have you entertained thinking or acted in ways about which my conscience is uneasy or would grieve the Holy Spirit? (e.g. coveting, dishonesty, lust / inappropriate media, manipulation or control etc)

The devil wants to take us out. His schemes and temptations are not new - but effective. The battle often starts in our thinking.

This question is all about cutting that process off before it gestates.

Covetousness (the pursuit of Money or things) might mean temptations to act without integrity, spending in unethical ways or lacking generosity.

Jesus said our thought life counts when it comes to sex. Are we “committing adultery in our hearts”, watching inappropriate material, pushing boundaries?

Power is about control and in its worst form is selfish and abusive. Jesus called us to be servants. What areas do we get to exercise power in (e.g. as parents, at work etc etc.) Do we use it appropriately?

8. Have you experienced being used, prompted or led by the Holy Spirit? What happened? (O: Offering)

Of course we listen to God in the scriptures, but there is a place to remain open to the Holy Spirit throughout each day. This can be in all kinds of ways - noticing something that encourages us, being prompted to respond to a need or speak, discerning something hidden, prompted to pray for someone who is sick, sharing a spiritual gift in a church meeting, etc.

It may be that early answers to this question are a regular NO! It could be that someone needs to learn to slow down, to stop and listen. Others may have little experience of listening to the Lord and need to grow in confidence - the church team are happy to help and ministries like The Well offer regular training. Nonetheless, over time we are looking to cultivate a culture in the church of a Spirit led lifestyle.

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9. Have you completed your Bible Reading? Did God speak to you?
(W:WORD)

Behind this question is the principle that we want everyone to build a good daily pattern of reading the Bible on their own. Regularly sharing what God has said with others also encourages taking notes or keeping a journal to offer feedback from.

In *Cultivating a Life for God*, Neil Cole recommends a shared pattern of reading and listening together. The group agrees a reading for the week of around 25 to 30 chapters. This is about the same pace as Bible in a Year (c20 minutes a day) and helps achieve daily patterns.

The choice of chapters is up to the group. It could be to read Ephesians (which has 6 chapters) 4 or 5 times in the week, or could be to read the whole of one book (e.g. Matthew) or perhaps half of Isaiah. It's up to the group. But a helpful discipline (that keeps everyone running together) is that if one or more fail to get through the reading, then the group repeats it again. Rather than a negative, this can be seen as an opportunity to go deeper into those same scriptures. The group may even choose to re-read the same passages even when everyone has completed.

Whether or not a group follows this practice, or a variation of it, we recommend that each member of the group shares the same pattern of reading (e.g. Bible In One Year, Lectio Divina), keeping a journal and remaining accountable to each other. This way any sharing is based on the same texts. We would caution against using devotional material which has extended written reflections, preferring people to engage with Scripture directly.

Note also the emphasis on the expectation that God will speak. If someone is struggling to hear God, it might be an opportunity to help them understand why: are they distracted; do they need to seek and protect a specific time and place for prayer?

10. Individual Accountability Question

Each member of the triplet gets to write one question for themselves - something they think will be helpful to be asked each week.

This can depend on the season they are in, the challenges they are facing or perhaps an area of life God is highlighting to develop. The question becomes a powerful means of helping someone turn good intention into reality. Some examples others have used include:

Am I getting daily exercise?

Am I using my time at work effectively?

Am I getting up when I said I would?

Am I being a slave to work and not leaving at an appropriate time?

Am I getting enough time with the important people in my life?

11. Have you been completely honest?

The kicker. If this group is to work then we must be honest. The challenge