



# The **CROWN** Rhythm

## DISCIPLESHIP TRIPLETS - NURTURE MATERIAL - WK5

AIM	For each member of the triplet to consolidate their Community pattern of building meaningful connection with the church family- problem solving any challenges or barriers that have arisen. This builds the C - COMMUNITY element of CROWN.
RECONNECT	Take a moment to tell the story of the week / time since you last met. Ask people to share in no more than a minute each: What are you thankful for? What stresses or challenges are you facing?
REVIEW	Ask the Accountability Question: Have you completed your Bible Reading? Did God speak to you? Have you been able to meaningfully join with and serve your church family?  Each member shares how they got on with the Homework, noting their points of connection with the church community and how they would rate themselves on the passive to fully present scale. Try and tease out what the Lord may be showing each one through this without adding burdens of guilt!
INTRODUCTION	Watch this short video: <a href="https://www.youtube.com/watch?v=Q0tgaqU8ZGs&amp;list=PL3Fqf6JxAZEvkhEABYhdzxJGjWGVyPPzo&amp;index=3&amp;t=1s">https://www.youtube.com/watch?v=Q0tgaqU8ZGs&amp;list=PL3Fqf6JxAZEvkhEABYhdzxJGjWGVyPPzo&amp;index=3&amp;t=1s</a>
BIBLE	Follow the Read & Reflect sections of the Discovery Bible Method to look at Ephesians 2:19-22. It may help to clarify that the “you” in this passage is “you all” - <i>you plural!</i> <a href="https://www.biblegateway.com/passage/?search=Ephesians%202:19-22&amp;version=NIV">https://www.biblegateway.com/passage/?search=Ephesians%202:19-22&amp;version=NIV</a>
RESPONSE	It will help to focus the “I will” response through the lens of what it means to “be present” to God - and to help create an environment when meeting with other believers in which the his Spirit moves.
PREDICTABLE PATTERNS	Remind each other that the aim of this triplet is to help build simple patterns (one at a time) that are filled with God and continue to pay out in our lives long after the habits have been established. The C - <u>Community</u> pattern is about belonging to and worshipping with the family of the church.  <b>What obstacles / challenges are the group facing - how might you help / encourage each other? Where might priorities need challenging and where should boundaries and balance be affirmed?</b>  <b>Keep it simple. Is there one habit you can adopt when meeting with others that lifts your attention on to the Lord, or helps others to do that?</b>
HOMEWORK	Steps of connection - Get each member to note down the commitment God is asking them to make (e.g. come to prayer meeting), and / or a practical step of being more “present” in one group they are connected with. (e.g. intentionally talk to someone new.... etc). Get them to report back on what God did!
OPTIONAL HOMEWORK	Watch the other videos CROWN COMMUNITY playlist: <a href="https://www.youtube.com/playlist?list=PL3Fqf6JxAZEvkhEABYhdzxJGjWGVyPPzo">https://www.youtube.com/playlist?list=PL3Fqf6JxAZEvkhEABYhdzxJGjWGVyPPzo</a>
RESOURCES	

**BACKGROUND  
NOTES**

HOW THE “COMMUNITY” PATTERN FITS INTO THE WIDER TRIPLET MATERIAL

Our regular Triplets ask each other:  
Have you been able to meaningfully join with and serve your church family?  
(C:Community)

(We will start to use this question next week.)

The related CROWN triplet guidance reads:  
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.