



The **CROWN** Rhythm

DISCIPLESHIP TRIPLETS - NURTURE MATERIAL - WK3

AIM	For each member of the triplet to consolidate their WORD pattern of having regular devotional prayer times - problem solving any challenges or barriers that have arisen. This builds the W - WORD 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? Each member shares how they got on with the Homework. Celebrate progress, remembering that even if someone didn't complete their pattern every day, they've almost certainly made some steps forward. Reflect on obstacles and barriers - it's important to face the realities of life and routines in order to work out practical strategies to help shape habits.
INTRODUCTION	Watch this short video about the importance of winning a time and place to meet with God through his Word: https://www.youtube.com/watch?v=slnw5UBtB3A&list=PL3Fqf6JxAZEvPxu2RUTKSd2SyPgQiMWN9&index=2&t=3s
BIBLE	Follow the Read & Reflect sections of the Discovery Bible Method to look at Matthew 6:5-15 https://static1.squarespace.com/static/5cdd610185ed740001053f60/t/6442b96a75acc4324c812919/1682094442664/Using+the+Discovery+Bible+Method+2023.pdf https://www.biblegateway.com/passage/?search=Matthew+6%3A5-15&version=NIV
RESPONSE	It may help to focus the "I will" response on practical strategies to help each person prioritise making time and space for prayer, overcoming the different challenges or obstacles they face.
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 W- <u>Word</u> pattern is about pursuing a living relationship with Jesus and his Word. If it helps, why not note down practical steps that help make space for prayer. E.g. I turn my phone off and go into another room to pray, or I go to bed by X o'clock to ensure I have energy to get up in the morning with time to pray.
HOMEWORK	Get each person to summarise the plan they've made for devotional prayer times and to commit to giving it a try during this coming week.
OPTIONAL HOMEWORK	Watch the other videos CROWN WORD playlist: https://www.youtube.com/playlist?list=PL3Fqf6JxAZEvPxu2RUTKSd2SyPgQiMWN9
RESOURCES	*We don't prescribe the devotional material or method people use, but do caution against using devotional material which has extended written reflections, preferring people to engage with Scripture directly: Agreeing verses that the group follow together and keeping a journal. Retreat to Advance - A <i>Lectio Divina</i> style reading of a passage. Lectio 365 - can be followed via an App Bible in One Year - can be followed via an App

**LEADER'S
NOTES****HOW THE "WORD" PATTERN FITS INTO THE WIDER TRIPLET MATERIAL**

Our regular Triplets ask each other, Have you completed your Bible Reading?
Did God speak to you? (W:WORD)

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

The related guidance reads:

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?