



The **CROWN** Rhythm

DISCIPLESHIP TRIPLETS - OVERVIEW

PURPOSE	A discipling “triplet” is a simple and flexible group of two to four that meets with the clear intention to grow together as disciples and multiply.
COMMITMENT	There is a real joy in journeying with others in discipleship. But it requires commitment to meet consistently and a willingness to share honestly. Many of the questions connect with the CROWN framework to give a common discipleship language but they are all designed to help us share more deeply with one another. Confidentiality is to be respected. Prospective members may want to think carefully if they really want to commit to triplet. Are they FAT? (Faithful - do you do what you say, Available - can practically commit, Teachable – really want to grow).
LEADERSHIP & MEMBERSHIP	A triplet has a flat structure. Usually single sex, these are peer-led groups similar to Wesley’s “bands” that fuelled a revival movement meeting regularly to hold each other accountable in following Jesus. There is a mutual commitment to encourage and lead each other into growth as disciples through forming God-filled habits and patterns, and to multiply discipleship across the Church.
SIZE & MULTIPLICATION	Triplets are designed to grow and multiply. A group can begin with just two people. Anyone joining the group is given 2 weeks to try triplets before committing. When a fourth person has committed to join the group and decided they want to commit to the pattern, then it's time to multiply into two groups of two.
HOW OFTEN?	The more flexible nature of the group size means it is possible to meet little and often. While face-to-face is preferable, meeting occasionally online may also be possible to keep consistency of meeting. To be effective, the groups should ideally meet weekly but <i>at least</i> fortnightly.
REVIEW	At the end of each term, participants will reflect, review and decide if they want to continue. If a group has not grown (added a member) for more than 4-6 months then it may need to review and possibly re-jig.
NURTURE TRIPLETS	A nurture triplet is a group that meets to disciple a new believer for a fixed period of around a term. These groups are made up of: a designated lead mentor; an existing member of the Community the new believer might join; and the new believer themselves. During the term, the group meets to help the members build foundational life patterns based around the CROWN framework. At this point the mentor leaves to nurture a new group and the remaining members continue to meet as a discipling triplet, ideally inviting a third member from the same Missional Community to join.
SUPPORT	The members of a triplet will usually be members of the same Missional Community. Community Leadership teams will seek to encourage the development and progress of a multiplying triplet structure within their membership.

<p>USING THE QUESTIONS OVERVIEW</p>	<p>We use ten discipleship questions each time we meet but behind each one is the more fundamental discipleship challenge:</p> <p>1. What is God saying to me? 2. What am I going to do about it?</p> <p>At the heart of the process is the aim of hearing and doing God’s Word. The style of the group adds coaching and mentoring approaches to a more traditional accountability group - with the aim of help people move from Bible Study to Bible Living.</p> <p>A triplet is a more intimate setting, so it is possible to go deep together. As weeks progress, it will become clear where we are struggling to make progress and the challenges or blockages to personal growth we need to overcome. Sometimes a next step can be extremely practical, e.g. choosing to go to sleep earlier in order to make space and energy to prioritise devotional prayer.</p> <p>We have a core conviction that habit formation / predictable patterns position us for growth and here the CROWN ethos and framework really helps us. It is important for each member, over time, to be able to summarise what their patterns or “personal rule of life” is in each area, Community, Re-Create, Offering, Word and Networks.</p> <p>To help with this, we commend ten practices that our Nurture Triplet material seeks to help people build into their lifestyles.</p> <p>Meeting like this gives the opportunity to pray for each other and encourage one another as we build strong rhythms, celebrating all that God does among us on the way. The intention is to draw others in to share the journey, and in so doing multiply the practices of discipleship, will lead to the group itself multiplying.</p> <p>One of our core convictions remains: If we can multiply discipleship patterns, we can multiply discipleship. If we can multiply discipleship, we can multiply disciples. If we can multiply disciples then we can multiply groups, communities and even congregations.</p> <p>Triplets are at the heart of helping us see this dream become reality.</p>
<p>OTHER SUPPORTING MATERIAL</p>	<p><i>The triplet will use the ten discipleship questions when they meet - but other resources can be used between meetings to help applying a principle or practice.</i></p> <p>Reading / Resources on the Discipling Process:</p> <ul style="list-style-type: none"> - Using CROWN to Disciple: A simple process for Groups and Triplets. - CROWN Tools, simple practices (e.g. Pray for 5) that people can adopt and begin to live out. Each tool is summarised on a postcard. - Discipling Discussion Questions. (Good for getting behind barriers and blockages) - CROWN Mentor Guides, specific pointers for leading people deeper into Community, Re-Create, Offering, Word and Networks. <p>All these tools are available on the website.</p> <ul style="list-style-type: none"> - Neil Cole, <i>Cultivating a Life for God</i>, CMA RESOURCES, 2014 Available from bookshops online.