



# The **CROWN** Rhythm

## DISCIPLESHIP TRIPLETS - NURTURE MATERIAL - WK12

AIM	<p>This is the last meeting of the Nurture Triplet. The aim of the session is to,</p> <ol style="list-style-type: none"> <li>1) Establish a discipleship base line for each member of the group, in the form of a simple personal “rule of life.”</li> <li>2) Work out next steps for each member, introducing the ongoing Triplet material.</li> <li>3) Putting a date in the diary for a catch up in the next couple of months to celebrate progress and give thanks for all God has done.</li> </ol>
RECONNECT	<p>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?</p>
REVIEW	<p>Ask the Accountability Questions:</p> <ul style="list-style-type: none"> <li>- Have you completed your Bible Reading? Did God speak to you?</li> <li>- Have you been able to meaningfully join with and serve your church family?</li> <li>- What is God doing among your “pray for five.”? Have you had opportunities to share God’s love? (e.g. SALT conversations, acts of kindness, etc)</li> <li>- Have you had a good balance of work and rest?</li> <li>- Have you experienced being used, prompted or led by the Holy Spirit?</li> </ul> <p>What happened?</p> <p>Each member shares how they got on with last weeks’ exercise. What else that needs to happen to move this forward into a clear outcome?</p>
INTRODUCTION	<p>Watch this short video: <a href="https://www.youtube.com/watch?v=ywlk9ie4Xd8&amp;list=PL3Fqf6JxAZEtyq48JyrUUXaOzaZ4jAHIB&amp;index=5&amp;t=34s">https://www.youtube.com/watch?v=ywlk9ie4Xd8&amp;list=PL3Fqf6JxAZEtyq48JyrUUXaOzaZ4jAHIB&amp;index=5&amp;t=34s</a></p>
BIBLE	<p>Follow the Read &amp; Reflect sections of the Discovery Bible Method to look at 1 Timothy 4:6-16 <a href="https://www.biblegateway.com/passage/?search=1+Timothy+4:6-16&amp;version=ESVUK">https://www.biblegateway.com/passage/?search=1+Timothy+4:6-16&amp;version=ESVUK</a></p>
RESPONSE	<p><b>MAP YOUR DISCIPLESHIP BASELINE</b></p> <p>Use the provided table below, or CROWN booklet, to summarise in simple terms the patterns you have built up and hope to sustain. This commitment is between you and the LORD above all, but noting it down gives a baseline to return to if things start to drift and is a pattern to be accountable to with others as you journey in faith together. These are your “predictable patterns” a “personal rule of life” which can continue to grow and develop as your faith grows too.</p> <p><b>TRIPLET NEXT STEPS</b></p> <p>The usual pattern for a Nurture triplet is for the leader to prepare to leave and start a new group with other new believers. The remaining members have the opportunity to continue, using St Michael’s regular materials (see below), and inviting a third member, perhaps from the missional community you are in to join. The growth and multiplication of these groups are at the heart of our discipleship strategy. The staff team are available to join you to guide this transition. <i>Make a plan, and set a set a date for a re-union social!</i></p>
CLOSING REFLECTION	<p>Watch this short clip to be inspired about Jesus’ priority on discipleship for us and his church: <a href="https://www.youtube.com/watch?v=rk8ERxqCZqQ">https://www.youtube.com/watch?v=rk8ERxqCZqQ</a></p>
RESOURCES	<p>TRIPLET POSTCARDS: <a href="https://static1.squarespace.com/static/5cdd610185ed740001053f60/t/641c89c723ed09533ab5f26c/1679591880323/TRIPLET+Postcard+Final.pdf">https://static1.squarespace.com/static/5cdd610185ed740001053f60/t/641c89c723ed09533ab5f26c/1679591880323/TRIPLET+Postcard+Final.pdf</a></p>

**EXAMPLE  
“PERSONAL  
RULES”**

WILL BE ADDED HERE AFTER THE FIRST ROUND OF NURTURE TRIPLETS  
HAVE FINISHED



# The **CROWN** Rhythm

***MY PERSONAL "RULE OF LIFE"***  
***A SUMMARY OF THE PREDICTABLE PATTERNS I WILL CONTINUE TO PRACTISE***

COMMUNITY - Belonging to and worshiping with my church family.

RE-CREATE - Valuing regular life-giving rest.

OFFERING - Serving God's plan to renew and heal creation.

WORD - Pursuing a living relationship with Jesus and his Word.

NETWORKS - Sharing life and faith with those outside the church.