

PRAYER TRIPLETS

Thinking in Threes

Brian Mills, prayer and revival secretary of the Evangelical Alliance of Britain, was given the task of formulating a prayer strategy for Mission England As he prayed over several months, he started to think in threes - "If only Christians could get together in groups of three to pray for their non-Christian neighbours and friends," he reasoned, "they would then be able to answer their own prayers as God lead them to share their faith naturally."

Through triplets, many individuals and churches rediscovered the reality of intercessory prayer. Within triplets, relationships deepened; and as they saw God answering prayers, faith strengthened, spiritual growth took place, and interest in reaching the lost increased.

The idea blossomed into a prayer strategy and it spread beyond the shores of England. Because of its obvious success and flexibility, HCF has also adopted this prayer model. We are finding that it facilitates the fulfillment of the HCF vision - reaching the health fields of the world for Christ, through prayer, evangelism and discipleship.

Three people coming together before God at regular, short intervals will see many life-changing effects. Burdens lifted, fears gone, conditions at work and at home improved. People coming to know Christ; and faith in a loving, caring God strengthened and confirmed."

"I changed nothing because I did not pray; and if I did, I did not pray in agreement". Is that you?

Why pray?

To pray is to say to God that we need Him, we need His strength and guidance. To pray is to put God in the centre, and to realize we cannot do it or our own. To pray is to say to God "we are willing", to hear and to act and to persevere according to His will. To pray is to say to God and the world "ware, let us make a difference".

Scriptural mandates:

1 Peter 4:7

"...end of all things is near. Be clear minded and self controlled so that you can pray."

Ephesians 6:18

"...with this in mind, be alert and always keep on praying for all the saints."

Why Triplets

- 1. Easy to form, fast to act, provides "on site" real-time prayers when any situation arises.
- 2. Flexible, operate in any place e.g. places of work, neighborhood, hospitals, and nursing homes.
- 3. Even if churches were being shut down, small prayer groups can still function.

"Again, I tell you that if two of you on earth agree about anything you may ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them." Matthew 18:19,20

"Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." Ecclesiastes 4:12

Why Prayer Triplets Work

There is nothing new about prayer. It has been taught for centuries. There is nothing new about praying in small groups either. So why is God working so powerfully through Prayer Triplets?

There are a number of reasons:

- 1. Prayer Triplets are God-given, and touch the hearts of His people in places where He is already at work.
- 2. The scheme encourages individuals to meet for prayer in places where they spend time with non-Christians, e.g. in the hospital, clinics and community.
- 3. The triplet groups are praying specifically for individuals by name and for their daily needs.
- 4. Prayer is being backed by action. God is providing people with opportunities to answer their own prayers through loving action and faith sharing.
- 5. Individuals are experiencing spiritual growth, encouragement and a heightened sense of dedication as triplet groups develop close bonds of acceptance and trust.

How to Form a Prayer Triplet

Forming a prayer triplet could hardly be simpler. All you have to do is agree with two other colleagues to meet regularly for prayer. Each of you prayerfully writes down the names of three non-Christian colleagues. You share the names with one another and write all names on your triplet prayer card.

Your triplet will work best if you meet at the place where you spend the most time. It may be your hospital, health centre, etc. When you meet, pray for the day to day needs of the nine, for their conversions to Christ, your own needs if any, and not forgetting to pray for your place of work.

It has been found that the most successful triplet groups are those whose members have contact with those they pray for, either at home or work. Hence praying for your non-Christian colleagues (and where applicable, patients) fits this criterion perfectly.

Get together for 5 - 10 minutes at a specific time and location maybe once a week. This can be during lunch, break time or after work.

What to Pray

Pray that you and the non-believers you are praying for may discover the reality of God's love in Christ - 1 John 4:10 "This is love; not that we loved God, but that He loved us, and sent His son as an atoning sacrifice for our sins."

Pray for salvations - John 3:36 "whoever believes in the Son has eternal life."

Pray for specific needs of the 9 people on your list, and for the needs and directions of yourself and your 2 prayer partners.

Remember time is short and therefore be alert to the prompting of the Holy Spirit, who may cause you to focus prayers on just one or two items.

Pray for the authorities in your workplace - 1 Tim 2:1,4. Pray for your workplace - Jeremiah 29:14 "for if it prospers, so you will prosper."

Pray for God's will to be done - Luke 11:2 "May Your kingdom come, may Your will be done."

Prayer Tips

Keep in contact with one another. Sharing is important but remember the main function of a prayer triplet is to pray. Discipling and counseling can be done as guided by the Holy Spirit outside the prayer time.

Do not be afraid to make contact with your triplet partners by telephone to share urgent prayer requests. Remember you can pray in agreement at any time, if the circumstances require. It is a privilege to have someone to pray with any time any place.

Triplet group members do not all have to belong to the same church denominations. HCF is an interdenominational movement. Do be sensitive to one another's feelings.

Keep Your Triplets Going

Alone: In your own time, pray regularly for the 3 people you want to see won to Christ. Pray also for your 2 prayer partners, and the people they are praying for. Pray for perseverance, boldness, humility and victory!

Together: Take time to share answered prayer. But remember the glory goes to God!

Plan occasional get-togethers for more in-depth sharing. All groups will need **encouragement** - these meetings can prove invaluable as people share answers to prayers and discover that there are other triplets with the same difficulties but also victories.

Average life-span of a prayer triplet is about 12 to 18 months. Keep this in mind so that people can be encouraged to form new triplets. Don't wait till the group loses its enthusiasm or momentum.

Triplets in HCF

Leonora (HCF SE Asia Regional Promoter) writes:

We had taught the group about prayer triplets, and were setting goals for the coming year. "How many of your colleagues can we ask the Lord to bring to Himself in the next year?" The face of the doctor in the front row lit up: "Fifteen!" he replied with obvious excitement. He had suddenly understood that three prayer triplets praying regularly for nine non-Christians each, meant that twenty seven persons were being prayed for daily by name. At least fifteen of them might respond to the Gospel soon! His response was, for me, one of the highlights of our three-day conference in this restricted country.

This event took place in December, and the next February during a follow-up visit we heard the following: "Since starting prayer triplets, two of the nurses have become Christians. The atmosphere in the class has changed. They have all become interested in the Bible!" This report came from the dental nurses' training project in the provincial town. Two of the instructors had attended the conference at the end of last year and upon their return had implemented what they had learnt. Specific prayers had brought very noticeable answers! Later reports showed that seven out of nine of the dental nursing students who were targeted in the prayer triplets had become believers in less than three months, plus the wife of one of them. Before they returned home at the end of their training, twelve out of the class of twenty-two had turned to Christ. Prayer triplets are tremendously powerful!

HCF Singapore recognises prayer as the main thrust of God's work through us. It is one of the cutting edges in advancing God's Kingdom in the Healthfield. God requires us to come to Him humbly but yet be willing to take up responsibility. Will you say with Isaiah, "Here am I. Send me." Isaiah 6:6.8

Will you be the one to say to God, "Lord, I am willing to start a prayer triplet. Lord, lead me to pray with 2 other believers in my work place."

Let us make a difference for God together!

If you would like to hear from us to get updates, please write to HCF Singapore at 16 Lentor Place, Singapore 789003, or e-mail us at hcfsing@yahoo.com.sg

Encourage the formation of other triplets in your vicinity. Perhaps God will guide you to meet with them for larger scale meetings not only for dire needs (which can arise) but also to proclaim His Victory!

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