

HOW? If you don't know where to start when it comes to praying for each other, you might want to discuss these questions or devise your own:

- *What have you read in the Bible over the last few days which has challenged or encouraged you?*
- *How is your personal walk with Jesus Christ? Where do you need to grow or act more like him?*
- *Have you had opportunities to tell others about Jesus recently? How did it go? Who else could you pray for?*
- *Are there circumstances in your life which are making life difficult right now?*

You might also want to pray for the Parish, the church, special events coming up, our mission partners, PCC, and the wider world.

WHAT'S NEXT?

If you'd like to be in a **PRAYER TRIPLET** (or even a prayer pair or quartet) please do let us know. There is space on the form to ask for help with finding partners and a place to indicate if you have found them already. It also would be great to know if you are already in a prayer partnership.

Whatever your fears, I encourage you to give this a go and persevere. It will be worth it. Prayer always is! Any questions – do get in touch.

Yours in Christ, *Dave*



Prayer Triplets @ St Nicholas Stevenage

You may have seen the rather cheesy poster that sometimes finds its way onto church notice boards which declares “7 days without prayer makes one weak!” Well it may be cheesy, but it's true. Lack of prayer weakens our faith, so if we are to grow and thrive as Christians we need to pray.

Prayer, of course, is simply talking with our Father in Heaven and as Christians we know that we can talk to him wherever we are, whatever we are doing. We can pray out loud or in silence, standing, sitting or kneeling with our eyes open or closed. We are dearly loved children of God and our Heavenly Father longs for us to come to him in prayer.

Of course some of that prayer will be personal private prayer, on our own. Many of you read

one of the books on prayer recommended last Lent. I hope that encouraged you and helped reinvigorate your prayer life.

But over the coming months I, and the PCC, want to encourage you to pray **with others** on a regular basis. Some of you are doing this already and that's great! Keep going! But for those of you who aren't, here is an opportunity to step out of your comfort zone and do something which will, I am certain, have a profound effect both on your faith and on the faith of those with whom you pray.

The Plan: Prayer Triplets

So over the next weeks we want to encourage everyone in the church to be part of a prayer triplet. You might want to form a triplet of your own with people you know and trust, or if you are not sure who to choose, you can fill in the form on the back and we will help you.

Why Triplets?

There are a number of practical reasons.

- Jesus promises that *“where 2 or 3 are gathered in my name, I am there among them.”* Matthew 18:20
- Praying with 2 others is small enough not to be daunting but big enough to share the load if one person is really struggling.
- There is strength in a 3. As Ecclesiastes 4:12 tells us: *‘a cord of three strands is not quickly broken.’*
- When one person is away, two can still meet.

Having said all that – if you'd rather find one other person and make a PRAYER PAIR or three others to form a PRAYER QUARTET, Then you go right ahead! After all, it's not how we pray but that we pray that matters most.

What's involved?

Prayer triplets meet together at least monthly, and preferably fortnightly or weekly, to talk together and pray together for the world and for each other.

WHERE? You can meet anywhere you like, but it needs to be in an environment where you will be comfortable praying out loud.

WHEN? You might want to meet for breakfast or over coffee. It doesn't need to be for too long, but equally it needs to be quality time that is unhurried. Somewhere between 30 minutes to an hour is about right but there is no hard and fast rule.

WHAT? Since the aim is to help each other grow spiritually, reading a few verses of The Bible together would be the best way to start. You could take it turns to choose what to read or work through some short Bible notes.

Before you pray you will need to talk for a while about your struggles, fears, hopes, and about anything for which you would like prayer. Honesty is obviously very important. That may be harder at first, but as you get to know and trust those you are praying with that will become easier.



Prayer Triplets at St Nicholas Stevenage

Your name: _____

Contact email/Tel no _____

Please complete as either section A, B or C

A: I have arranged to be in a NEW prayer partnership with _____ other people. We intend to meet every _____.

B: I would like to be in a prayer triplet but would like help finding partners.

I am generally available on the following days/times. _____

C: I am already in an established prayer partnership with _____ other people. We meet every _____.

Thank you!

Please return your slip to Dave or Dan