

Thrapston baptist church



Why LIFE Triplets?



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*Knowing Jesus,
Making Jesus Known*

What are LIFEtriplets?

LIFEtriplets, in a nutshell, are small groups made up of typically three members, who commit to the regular, preferably daily, reading of a portion from the Bible and then the sharing of their thoughts with one another. Triplets also pray for each other and can generally support one another as the needs arise.

Why have LIFEtriplets?

Regular reading of the Bible is vital to our daily walk with God. The Bible inspires us, encourages us, guides us, teaches us and challenges us. However, most importantly, it helps us in our ongoing relationship with God. We learn more about him, discover his heart for us and for our world, and essentially what he has done for us in sending his son into our world.

In a world with so many competing ideologies it is important that we know the truth contained in God's word. Knowing this truth enables us to chart a safer course through the often rough waters of life.

As committed believers we all know how important it is to keep in touch with God through his word and through the gift of prayer, but, if we are honest, most of us struggle to keep disciplined in these two areas. Globally, regular Bible reading and prayer are two of the top challenges that most Christians admit to struggling with, and a weakness in these areas causes a weakness in our walk with God. These key areas are where LIFEtriplets can help.

How do they work?

Using technology is the great way to make the most of LIFEtriplets and there are a number of ways you can do this.

1. **Email:** Simply read a portion of the Bible and email your thoughts to the other members of the triplet. It will help if the Subject Line contains the reference to the text you have read i.e. John 3:16, and then, into the main body, you cut and paste the content of the passage from an online Bible, before you add any of your own comments.
2. **WhatsApp*:** I have found that setting up a WhatsApp group is one of the best ways to connect to a group of people. Alternatively, Facebook Messenger* allows you to do something similar. Again, it is helpful if you include the Bible text in your message before adding any of your own thoughts.

As you send any thoughts from your Bible reading, be sure to include any matters for prayer.

**** If you need any help with any of these Apps please have a chat with Mat***

What do I read?

There are number of ways you can decide what you will read as a group.

Here are some suggestions:

- You might like to choose a book of the Bible and agree to read a chapter a day
- The YouVersion Bible App* allows you to have reading plans, and so you could choose one of those to do together
- The YouVersion Bible App also has a verse for the day, which can come as daily notification on your phone or tablet. This verse is the same for anyone using the app, which means you will reading the same text as those using the App in LIFEtriplets and also literally millions of people who use the App worldwide!

How can I be a part of a LIFEtriplet?

- Simply choose two other people, decide on what you are going to read, and that it! You're off to a great start in engaging with God's word and ministering to one another.
- If you're already a member of LIFEgroup, then your leader will help you start a group.