

When Ana was just 15 years old, she went to a Christian youth conference where she heard about the Prayer Triplet Strategy. This is a way to get teens praying together for their school. Ana decided to trust God to provide two friends to form a prayer triplet. Two of Ana's friends agreed to join with her, spending 20 minutes a week praying for the campus. Every time they met they asked the Lord to allow everyone at their school to hear the gospel. Within one month of praying as a triplet, Ana and her friends saw God answer. Their whole school heard the gospel through an assembly program where a former professional athlete spoke. God responded miraculously, answering Ana's prayer.

"Great idea," you may be thinking, "but how do I get started?" After you grab your two friends (triplet) take a look at these ideas and pray for the students at your campus and yourself:

### **Prayer Triplet Strategy**

- First 5 minutes - **Worship the Lord.**

Tell the Lord how great He is. Use a song or psalm you know. Thank Him that He gives you the victory. Thank Him for all He means to you.

- Next 5 minutes - **Pray for one another.**

Each person should pray for the others, asking God to help them become more like Jesus. Ask that God would meet their specific needs, and ask God to make each a witness for Jesus Christ. Share any other specific requests before you begin your 20-minute prayer time.

- Next 5 minutes - **Pray for friends, co-workers, and school.**

Each should pray for three non-Christian friends, for them to become more open to God, and that they will become followers of Jesus. Ask God to help each to share Jesus with these friends.

- Last 5 minutes - **Pray for spiritual awakening.**

The whole group should pray for a greater openness toward God, for those on your campuses, for co-workers, in your nation, and throughout the world.

When the 3 of you meet together to pray, you are asking God to change the lives of 9 of your friends. If that happens you will have the beginning of a spiritual revolution. Imagine what could happen when all the other Christians begin to pray like this. It will change your community in ways you never imagined!

## **Prayer Triplets are Powerful!**

"I didn't know God answered prayer so quickly!" the excited teenager exclaimed. Just one week after she had targeted her lost friend in a prayer triplet, her friend gave her life to the Lord.

One man felt impressed to place a lost woman named Jan on his list of three, a lady known for her sharp and biting tongue. Not long after, he met her on the street and blurted out that he was praying for her.

Two Sundays later, he was surprised to see Jan in church. After seeing her there, they met on the street again and Jan declared, "I've come through to the Lord." Jan now openly witnesses to her friends, and the people around her ask, "What's happened to Jan? She's such a different person!"

Another prayer triplet prayed for a man who often drank and beat his wife. Six months after they started praying for him, he came home unexpectedly in the middle of the day, saying to his surprised wife, "I don't know what's happened to me. I can't work. When I realize the things I've done wrong in my life, I feel so rotten." After he burst into tears, he called a local pastor. Within a few days the man became a Christian, and never touched another drop of alcohol.

What does each of these three stories show? The impact of a prayer triplet.

### **THE PRAYER TRIPLET DEFINED**

In a prayer triplet, you link with two other believers. Each of you identifies three lost people you know in your area, creating a list of nine target unbelievers for whom you pray on a regular basis. You gather with your triplet partners for a joint time of prayer each week. You then spend time with target unbelievers, and later invite them to your church services.

### **ARE PRAYER TRIPLETS BIBLICAL?**

Joshua and the Israelites won the battle against the Amalekites after Moses, Aaron and Hur held up the staff, symbolizing prayer and intercession (Exodus 17:8-17). On the Mount of Transfiguration, Peter, James and John beheld the glory of Jesus, Moses and Elijah (Luke 9:28-35). While Solomon asserted that "a threefold cord is not quickly broken" (Ecclesiastes 4:12b), Jesus Himself - one of the Divine Trinity - declared, "Where two or three are gathered together in My name, there am I in the midst of them" (Matthew 18:20).

These scriptures show prayer triplets to be a biblical and powerful way to reach the lost and defeat the enemy, with examples from modern day, well-known Christians.

### **HOW PRAYER TRIPLETS HAVE BEEN USED TODAY**

Before Billy Graham arrived in England for his 1985 three month preaching tour, 30,000 prayer triplets were formed. Of that number, 3,500 saw one or more of those they targeted in prayer become Christians. A missions organization in India formed hundreds of prayer triplets leading to an evangelistic group termed a "discovery study." Through these triplets, they planted more than 600 churches in various areas of that country.

According to Dave Auda, coordinator of small groups in Los Angeles' Mosaic Church, since the mid 1980's they have adapted the use of prayer triplets into their groups with great success. Other congregations, like First Assembly in Lufkin, Texas combine prayer triplets with other evangelistic cell strategies. Convinced of the success of prayer triplets?

### **THREE KEYS TO SUCCESS**

Simply forming prayer triplets in your cell group is not enough.

I have found three keys necessary to a successful prayer triplet.

1. Continually encourage and persist. When you decide to pray and reach out to the lost, the enemy of our souls is quick to discourage and distract you. The effective leader encourages others by being personally involved in a prayer triplet, by checking in with other triplets and by encouraging them to persist. Jesus followed this principle with His disciples. In Luke 18, He told them a parable "to show them that they should always pray and not give up."
2. Focus on relationship-building and celebrate small victories. Remind triplet partners that it is important to deepen relationships with one another during weekly times of prayer. Also highlight the importance of taking the time to develop relationships with the "target three." No "Bible bullets" need be shot at the lost; let times together be fun and relaxed! Salvation is much more than an event; it is a process of drawing ever closer to our God. When a targeted lost person makes any move toward to the Lord, it is time for the triplet to celebrate.
3. Coordinate a gathering for targeted unbelievers. Near the end of the fourth month together, plan a fun outreach or special meeting that is attractive to those you are targeting. Most find that good food has a strong appeal. Personally accompany those you've been targeting in prayer to the event, introducing them and knitting them into your group with as much fervor as possible. If you don't bring them to this event, they probably won't show up. Some groups have found it crucial to have two to three hours of joint prayer the week before the special event, asking God to further draw the targeted lost to Himself and to remove any spiritual hindrances.

### **FIVE STEPS TO EFFECTIVENESS**

1. Identify your "target three." First, identify three lost people in your life (where you live, work, or go to school). These people will be friends, acquaintances, co-workers, employers, employees, neighbors, teachers or relatives.
2. Identify your triplet partners. Triplet partners are two believers who you know and trust. Most groups who form triplets prefer that they be of the same gender. As you form your triplet, remember that each partner should have three target lost people with a combined list of nine lost people. Agree to form triplets for a minimum of four months.
3. Pray daily as an individual and weekly as a triplet. In your individual devotions, pray daily for the needs and salvation of the nine people your triplet is targeting. Weekly, come together with your triplet partners for a joint time of prayer for the salvation of your targeted lost, usually 10-15 minutes. Be sure to share any insights or progress with your triplet partners; this will help your partners pray more specifically.
4. Spend time developing relationships with your "target three." After you have bathed your target three (and the other six targeted by triplet partners) in prayer, it is time to put feet to your prayers. Spend one hour each week developing a relationship with one of your target three, doing something you mutually enjoy. Take him or her out to lunch. Watch a decent movie or sports event together. Remember, this is not time to be religious, but simply to develop relationship and trust, allowing the Holy Spirit to work.
5. Invite! Near the end of the three months, invite your "target three" to a regular meeting, or to a special event planned by your church. Remember to accompany that person or persons. This will make them comfortable and knit them into the life of your cell and church as soon as possible.

**Prayer Triplets Prayer Form**

I pray with these people:

\_\_\_\_\_ (phone) \_\_\_\_\_

\_\_\_\_\_ (phone) \_\_\_\_\_

I will pray for these people:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My prayer partners have asked me to pray for these people:

_____	_____
_____	_____
_____	_____