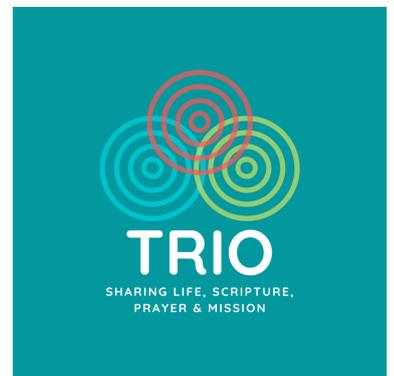




**RECONCILIATION  
ROAD CHURCH**



## What is a TRIO?

A TRIO is 2-4 Christ-followers who have committed themselves to share LIFE, SCRIPTURE, PRAYER & MISSION through intentional friendship, thus becoming increasingly dedicated followers of Christ.

TRIO's are self-organised and are comprised of same-sex Christ-followers, choosing to commit themselves to meet with one another regularly. Each group finds its healthy rhythm that is light enough not to be a burden and yet regular enough to be a significant influence in their lives.

We believe it is God's will for us to have close, intentional relationships that help us to grow in our relationship with God and faith, obedience and love. After all, we were made in the image of God who has always been in an eternal relationship, Father, Son & Holy Spirit.

Ecclesiastes 4:9-12 teaches us that two people are better than one and that three are even better when it comes to being faithful and fruitful through all of life.

## What do you do in a TRIO?

1. Every TRIO will be different because we are all unique, and so each group will find their rhythms that breath life and momentum to the relationships. As the church, we do not specify a curriculum to follow but do encourage there to be balanced in the four elements that TRIO's form around:
2. Share Life: Get to know one another's lives, struggles, hopes, dreams, fears, weaknesses, gifts...This takes time and vulnerability. Regular meetings & regular communication with each other are essential for this depth of relationship to grow. The more you share vulnerably, the more impact you will have in each other's lives.
3. Share Scripture: There are many ways to do this, but committing as a TRIO to the Reconciliation Road Church Bible Reading Plan is one way we recommend. Sharing Scripture can also be done by discussing and applying the Sunday message together or by reading a book together based on Scripture. TRIO's help us to anchor our lives on regular Scripture reading & meditation.
4. Share Prayer: Pray when you're together and prayer when you're not, keeping in contact through messaging one another at key moments in life when you can stand and pray for one another.
5. Share Mission: TRIO members help one another get onto God's agenda for their lives, urging one another to live wholeheartedly for Him who died for us (2 Cor 5:15). TRIO members seek to activate all the gifts God has given each one of us, using them to build up Jesus' church & spurring one another to commit to the church's rhythms & to sharing your faith at every opportunity.

## Who Should be in a TRIO?

Our desire is that every member of Reconciliation Road Church to be committed to a TRIO or a Community Group or both if that is feasible.

## How to start one?

- 1) Acknowledge God's wisdom! Agree with God that two is better than one and that three are unbreakable. Recognise the value that being in a TRIO would add to your followership of Christ.
- 2) Recognise that friendship is a dynamic and mysterious blend of serendipity, intentionality, vulnerability and risk. Speaking to someone else, trying to initiate a TRIO can be a vulnerable thing, but it is worth it! "The best things in life are on the other side of a difficult conversation."
- 3) Pray and ask God to lead you to some true spiritual friends in the church, people with whom you can grow and share life, Scripture, prayer & mission together.
- 4) Act by initiating a conversation about starting a TRIO with one or two other people
- 5) Commit to meeting together and growing in vulnerability as a group of friends. Be patient and intentional as you increasingly share life, Scripture, prayer & mission. Invest the time needed to get to know each other's hopes, fears, dreams, weaknesses.

## Great questions to ask yourself or others...

Some TRIO's occasionally use the following types of questions to stimulate discussion and sharing with one another.

Each TRIO member takes a turn in asking any one of these questions of another member of the group. Once they have answered, they then take a turn to ask any one of these questions of another member, repeating this pattern for some time and then praying for one another.

1. What has God been saying to you recently?
2. What don't you want to talk to us about but should?
3. Who are you currently sharing the Gospel with or praying for the opportunity to do so? If you don't have anyone at present, what could you do to get closer to people who don't yet know Jesus?
4. What are you most thankful for right now? & What are you most worried about?
5. What single step could you take today, which would minimise any regret at the end of your life?
6. What am I avoiding doing right now? – why?
7. Are your Up(God), In Church & Out(Unsaved) dimensions in balance? Which of these needs attention?
8. What am I doing currently that requires courageous faith, something that I could not do apart from the power of God?
9. If you are married, how is your marriage? Why do you say so? What are you most thankful to God for & what is your greatest need as a married couple marriage?
10. In times of problems, stress or of feeling a little depressed, where do you find yourself most vulnerable to temptation & what do you do to draw near to God & or others?
11. What is your greatest fear?
12. The absence of what causes you to want to quit?
13. The pursuit of what causes you to feel overburdened and stressed?
14. The fear of what causes you to be timid or fearful rather than hopeful and faithful?
15. The craving for what makes you work too hard?
16. The need for what robs service or leadership or ministry of its joy?
17. The desire for what places pressure on you and your family?
18. Have you just lied to us?

## **TRIO Frequently asked Questions**

### **How long are we committed to our TRIO?**

TRIO's need to be dynamic and flexible. These are not life-long covenant commitments but will all be different in duration. Some will last for a long time; many will morph as stages of life change, people move etc. Some will change as you seek to include new believers or new members into these life-giving relationships.

### **What is the best time to meet for a TRIO?**

It depends entirely on your group; you need to find the time and a venue that is regular and allows for sharing and potentially prayer too.

### **Can we have four in our TRIO?**

Yes, it's your group, not ours. However, as groups get bigger, they automatically become more impersonal, and meetings take longer to all share life, so it is not recommended but is possible.

### **What if the people I have approached are already in TRIO's?**

Try some other people, speak to a leader for other suggestions. Alternatively, ask them if the TRIO they are in has space for another person. Be patient, pray & guard your heart and don't get your nose out of joint that "they didn't ask me!"

### **What do I do if we start meeting as TRIO but the group just doesn't work for me?**

Just share that feeling with the group because maybe things can be changed, which will change that sense you have. And if it doesn't change, it's no train smash just be honest and communicate clearly in love and ask God for a new TRIO.

### **How do you use Whatsapp for your TRIO?**

Whatsapp is a great way to keep in contact for prayer, sharing life, arranging meetings via a dedicated Whatsapp group for your TRIO if your phone can run this app.

### **Is a marriage a TRIO?**

No it isn't. TRIO's will massively support and build marriages so every spouse should be encouraging their spouse to be in one!