

Guidelines for starting a Triad (or Quad)

1. Determine who is in the Triad.
2. Come to a consensus about how often to meet (weekly or every other week is recommended), as well as when and where.
3. Decide which approach you would like to take:
 - Use some sort of study guide, book, Sunday sermon discussion guide, or other resource to facilitate discussion
 - Choose a book of the Bible for discussion
 - Have some questions you ask each other to propel discussion. These questions are not designed to be “accountability” questions, but rather questions that get at what is really going on in your life. (See below for suggested questions.)
 - Some sort of hybrid of these
4. If you decide to use a study guide, book, or other resources, we have some recommendations. Example: we will be providing a simple study guide for the four weeks of Advent starting December 2.
5. If you want to use the question approach, below are some suggested questions to get started. You may choose to use one or a few – obviously you will not have time for them all. It depends on the group and how you want it to operate. We'll be adding to these questions as time goes on.

Triad Questions:

1. What is a highlight from the past week?
2. How about a low point of the week?
3. What is something you are celebrating?
4. What is something that is creating tension or anxiety in you?
5. What off-kilter story are you telling yourself? What do you believe about yourself, others or God that may not reflect reality?
6. How might God be nudging you or what might he be saying to you?
7. What are you struggling with? Has this situation or issue brought out any particular behaviors and/or emotions?
8. How have your actions or behavior impacted others in a negative way? What are you sensing needs to change in you?
9. Did you have any “aha” moments during this past week? What precipitated this new awareness? If it is something from Scripture, a sermon, circumstances, another person, etc., what insight or concept grabbed your attention?
10. Are there any next steps you would like to take in your journey of following Jesus?