



Three Thirds Process

Life Giving and Transforming Meeting Format

Assignment:

- Discuss your application from the last module
- Watch the video and discuss the outline below in a group of 2 or more people - https://youtu.be/oJ_VlrnFtEQ
- Practice reciting the 7 elements of the Three Thirds in your group
- Share the Three Thirds Process with someone outside your group

When you have completed the assignment click on the link below to update your progress chart.
[Progress Report](#)

Three Thirds Process

First Third

1. **Member Care:** Share your Highs and Lows and pray for one another (If you have more than 4 people in your group, share in pairs)

This is an important part of the meeting but if you're not careful it can take up the majority of your time. We usually set aside 10-20 minutes for member care. If more time is needed, you can always stay after the meeting or schedule a separate time to get together for more fellowship. Some churches include a meal in their meeting times and this can be a good way to increase the time for member care.

2. Worship and Prayer -

Worship can be done in many ways; Singing, praise, thanksgiving, responsive readings, etc... The important thing to remember is to keep it simple and reproducing.

3. **Celebrating Obedience** (Ask if members accomplished goals from the previous meeting).

This is one of the most important parts of the process. It's also the hardest. We want to emphasise loving accountability. It should never be a time of harsh critique. One of the best ways to assist people in accomplishing their goals is by having them ask God for the application at the end of the study. That is why we take time to pray before setting goals. That way they are really accountable to Jesus and not to us.

4. **Vision Casting:** Read Matthew 28.18-20. Talk about Jesus' Authority in your life.

Vision casting is a way to lift up our eyes and see the potential of how God can use our lives to impact the world. It is also a learned skill. In short term discipleship (The Commands of Christ) we keep the vision casting part very simple. We simply quote the Great Commission and discuss one component of it each time we meet. As we move into long term discipleship we can spread our wings and get creative with vision casting

Second Third

5. New Lesson:

In Short-Term Discipleship the lessons consist of a command of Christ and a story from Scripture. We want to keep this time very simple and easy to reproduce. Therefore; we don't use other sources or even cross references from the Bible in order to keep the attention centered on the command and the story so that even a novice believer could lead the Bible study using the simple format of Head, Heart, and Hands.

Head: Summary and Facts (What did you learn about God:Father/Jesus/Holy Spirit? What did you learn about people?)

This is focused on what we learned from our study.

Heart: Emotions (How do you think the characters in the story felt? How does this story make you feel?).

Tapping into the emotions of the story is a powerful tool that leads to greater understanding and deeper applications. This should be expressed with words of emotion. Our statement should start with "I feel..." rather than "I think..."

Hands: Response (Was there a sin to avoid, promise to claim, example to follow, or a command to obey?)

This part primes the pump for personal application by exploring the different facets of actions that can be taken from the discussion. The actual application will come in the final third in the following and fishing section.

Final Third

6. Practice: Practice sharing your 1-1-1 story and include how you repented.

If there is a particular ministry skill or even concepts to capture it's always a good idea to practice it among ourselves in a safe environment before actually doing it for real. This gives confidence and competence to the disciples and they are much more likely to achieve their application goals.

7. Goal Setting and Prayer. (Read Matthew 4.19 and explain following and fishing goals).

Here we pause for just a couple of minutes to ask Jesus what He wants us to do as it relates to what we have just discussed. If the group is small (4 or less) you can all share your goals with the group. If it is larger, you can break up in pairs. One of the best practices is to give out two 3x5 cards to each person in the groups and write your goals on both cards. One is for your personal use and the other is for someone in the group to pray and encourage the person throughout the week. During the next meeting those who traded cards can check up on one another. At the end, pray for one another to accomplish the things that Jesus is impressing on us.

Following: What does Jesus want you to do in obedience to Him from the story?

Fishing: Who does Jesus want you to share your story with?

Head: What was the main thing you learned from this study?

Heart: How did it impact you?

Hands: Take time to pray and ask Jesus what you should do as a result of the study? Write your Personal Application down.

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