

GOSPEL TRIPLETS

This Gospel Triplets tool comes from Anchor Church in Sydney, Australia. I've been friends with Anchor for a number of years and really appreciate how they are making disciples and living on mission in their city. Anchor is structured around Gospel Communities and also puts a significant emphasis on their Gospel Triplets, which are their version of DNA groups. I've included it here in this toolbox, because it's a great example of a church that has taken the form and adapted it for their context. I also love how they have put significant time, thought, and energy into the Gospel Triplet structure. They have prioritized developing resources, training, and coaching for all of their people that are in Triplets. They would tell you that their Gospel Triplets are one of the most important and fruitful things they experience as a church.



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GOSPEL TRIPLETS





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WHAT IS A GOSPEL TRIPLET?

THREE GUYS OR THREE GIRLS SEEKING TO GROW IN CHRIST TOGETHER BY THE POWER OF THE HOLY SPIRIT, EXPERIENCING TRANSFORMATION AT EVERY LEVEL: HEAD, HEART AND HANDS.



HEAD: DISCOVER THE TRUTH

Study the Bible asking *The 4 Questions* (page 4)

1. Who is God?
2. What has he done?
3. Who are we?
4. How do we live?



HEART: NURTURE THE HEART

- Listen for the heart
- Ask good questions, using *The 4 Questions* to go from *Fruit to Root* (page 5)
- Speak the truth in love repentance and faith



HANDS: ACT IN OBEDIENCE

- Listen to the Spirit
- Obey and tell others
- Be accountable to one another

GOSPEL TRIPLET FORMATION

HOW DO I JOIN A TRIPLET?

Speak to your Gospel Community Leaders or a staff member so they can help you join, or find friends and start your own Triplet.

HOW DO WE START?

1. DISCOVER GOD'S STORY

Read *Telling Our Story with Jesus as the Hero* (Gospel Triplets Guide Ch 5), and discuss God's Story in light of *The 4 Questions*.

2. SHARE YOUR STORIES

Tell your stories of how Jesus has rescued you and adopted you into his family. Use *Putting Together Your Gospel Story* (Ch 5) as a tool to help you prepare.

3. PRACTICE GOSPEL SHEPHERDING AS EACH PERSON SHARES THEIR STORY

- Listen for the heart (Ch 6 & 7)
- Ask good questions (Ch 8)
- Speak the truth in love (Ch 9)

4. WALK THROUGH THE HEAD, HEART, HANDS PROCESS

We can only discover the truth, nurture the heart and act in obedience with the help of the Holy Spirit, so pray throughout the process!



*Please ask a staff member for a copy of the *Gospel Triplets Guide* for essential resources to help you start your Triplet.

THE 4 QUESTIONS

1

WHO IS GOD?

What does the text say about **the character and nature of God?**

The story is about him! Look for specific references to his attributes (explicit and implied): holy, eternal, all-powerful, unchanging, compassionate, gracious, patient, kind, etc.

2

WHAT HAS HE DONE?

What does the text say about the work of God? God's work throughout all of human

history is diverse and magnificent. All of it is worth proclaiming! However, **the person and work of Jesus** is revealed on every page of the Bible (Luke 24:27). He is the hero and the main character. The Spirit does not want us to miss Jesus!

Look for references to the life, death, and resurrection of Jesus, either through foreshadowing (redeeming Israel from slavery in Egypt), prophecy (Isaiah 53), or the New Testament story of Jesus' earthly life and the establishment of his church.

3

WHO ARE WE?

What does the text say about **our identity?**

God has always been working to save "a people for his own possession" (1 Peter 2:9). Throughout the Bible, note the things that are true of God's people. This adds depth and richness to our understanding of who we are as New Covenant believers.

4

HOW DO WE LIVE?

In light of all of this, how does it change **the way we live?** When reading the Bible,

we almost always start with the question, "How does this apply to my life?" But rightly motivated, gospel-centred action flows out of an understanding of who God is, what he's done, and who we are in light of God's character and work. Rather than starting with this question, end with it.

And then, take action! Jesus warns against being merely a hearer of his word but not a doer (Matthew 7:24-27). The gospel motivates and empowers us to live in an entirely new way.

HOW DO I STUDY THE BIBLE AND ASK THE 4 QUESTIONS?

- Pray and ask the Holy Spirit to speak through his word. It's his job to guide us into all truth and to glorify Jesus (John 16:13-14)
- Choose a section of Scripture to study – Ephesians and 1 Peter are great letters to start with
- Read the passage
- Work through *The 4 Questions*
- Remember to nurture the heart and act in obedience
- Encourage each member to use a journal to keep notes, and consider using a whiteboard
- Take it in turns to prepare and lead the study

FRUIT TO ROOT USING THE 4 QUESTIONS

1

HOW DO I LIVE?

How am I living now?

Where do I lack fruit of the Spirit?

What sinful responses or negative emotions am I producing (bad fruit)?

BAD FRUIT

"I feel overwhelmed and exhausted at work. I stay back at the office every night and bring work home on the weekends, which means I often miss spending time with family and friends."

"I am afraid my boss and colleagues will disapprove of me if I don't get my work done or perform well."

2

WHO AM I?

What does my bad fruit say about who I believe I am?

Where am I finding my identity, worth, or value?

FALSE IDENTITY

"It's all up to me. I am responsible and in control."

"My identity is in what I do. My worth and value is tied up in how well I perform at work and what my boss and colleagues think of me."

3

WHAT HAS HE DONE?

What does my bad fruit and false identity reveal about what I believe God has done (or not done) through Jesus?

What do I functionally believe about the gospel?

NOT ENOUGH

"God has not done enough in the cross. Sure, he died for my sins, but I still have to work and strive in order to be accepted and approved of."

4

WHO IS GOD?

What does all this say about who I believe God is and what I believe God is like?

What lies may I be believing about God's character and nature?

What do I desire or worship?

What am I looking to for meaning, significance, or security?

LIES

"God's opinion is not as important as others in my life. Therefore, he is not as important as they are."

"God is not in control."

"God isn't my loving Father."

"God is distant."

REPENTANCE

"Father, I repent of putting others' opinion of me above your opinion. Your opinion is what truly matters! I repent of turning my work into an idol, and not loving you, or my friends and family well."



**JESUS SAID, "FOR EACH TREE IS KNOWN BY ITS OWN FRUIT...
OUT OF THE ABUNDANCE OF THE HEART HIS MOUTH SPEAKS."**

(LUKE 6:44-45)



8 HOW DO I LIVE?

How can I live, because of who God is, what he has done and who I am in Christ?
How does the gospel free me to live?

GOOD FRUIT

"I can work diligently, remembering that I am working for the Lord and not for men (Colossians 3:23-24), but I no longer need to overwork."

"I can leave work on time and take a day a week to rest, acting in faith that God alone is in control and will help me complete my work."

"I can give time and energy to family and friends, loving them well in God's strength."

7 WHO AM I?

What is my true identity in Christ?
How has God named me, given me worth, value, and significance?
Who am I in Christ?

GOSPEL IDENTITY

"I am a fully loved and accepted child of God."

"My identity is in what God has done, not what I do."

"I am not in control, but I have a God who is!"

"I have the Holy Spirit living within me. He is my strength and Helper."

6 WHAT HAS HE DONE?

What aspect of the good news do I need to rejoice in?
How does all that Jesus is and all he has done speak into my situation?
What resources are mine in Christ?

JESUS

"Through his Son God has rescued me from my sin and idolatry, and given me a new identity as his beloved son (Galatians 4:5-7)."

"God has given his Son to work and strive on my behalf, so that I don't have to: 'It is finished' (Luke 19:30)"

5 WHO IS GOD?

What is God's true character and nature, according to the Word?
What is he really like?
How is he better than everything else I worship? (Consider the 4 G's: God is good, gracious, glorious, and great.)

TRUTH

"God is glorious! He alone is worthy of my worship!"

"God is great. He alone is in control!"

"He is good! He is my loving Father, and my rock and refuge. I can run to him and find peace and rest in times of stress and exhaustion."

"God is gracious! He freely offers me grace and forgiveness for my sin."

FAITH

"Father, thank you that because of Jesus I don't have to strive in order to be loved and accepted. Thank you that my identity, worth and value is based not on what I do, but in what you have done for me!"



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