



The **CROWN** Rhythm

DISCIPLING TRIPLETS

PURPOSE	A Discipling triplet is a lightweight and flexible two or three that meets with the clear intention to grow together as disciples.
COMMITMENT	There is a clear commitment to a discipleship journey together using the CROWN framework.
LEADERSHIP	A triplet has a flat structure with a focus on mutual support and accountability.
SUPPORT	A triplet will usually sit within a Discipling or Missional Discipling Group and is flexible pattern that might work for those who can't practically connect with some of the group's discipling rhythms.
SIZE	As described - 2 or 3 people!
HOW OFTEN?	The more flexible nature of the group size means it is possible to meet little and often, perhaps even weekly. For effective discipling the group needs to meet <i>at least</i> fortnightly.
SHARED RHYTHMS	Members would share rhythms with the wider Missional Discipling or Discipling group they are a part of.
DISCIPLING	<p>The style of the group adds coaching and mentoring approaches to a more traditional accountability group - with the aim of help people <i>move from Bible Study to Bible Living</i>.</p> <p><i>The triplet may use the teaching materials together, or access them between meetings on-line, focusing more on applying a principle and help that into their lives.</i></p> <p>A triplet is a more intimate setting, so it is possible to go deep together which can really help with overcoming barriers and blockages to personal growth. There is an opportunity to urge each other to great things for God as you build strong rhythms, celebrating all that God does.</p>
MATERIAL	<p>The triplet can use the various CROWN resources:</p> <ul style="list-style-type: none"> - CROWN teaching videos - see www.crownrule.life - Life-Beats Studies (like the Lent Course) - Using CROWN to Disciple: A simple process for Groups and Triplets. - Getting Started Tool - Discipling Discussion Questions. - Going Deeper Tool <p>Leaders also have access to:</p> <ul style="list-style-type: none"> - CROWN Mentor Guide. - Mentor Quick Guides, specific pointers for leading people deeper into Community, Re-Create, Offering, Word and Networks.