

GRACE
ACCEPTANCE
SUPPORT
DISCIPLINE
ACCOUNTABILITY
MODELING
HONESTY
RESPECT
INTEGRITY
COMMITMENT



OFFICES: 16928 E. Mews Road

Queen Creek, AZ 85142

CHURCH BUILDING: 24759 S. Power Road

Queen Creek, AZ 85142

480.988.5391

info@rockpointchurch.org

rockpointchurch.org

— TRIOS —

- **KNOW JESUS PERSONALLY** -

Jesus invites us to know Him by making Him the foundation of our life. To do this we build our lives on His truth.

"Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock." *Matthew 7:24*

PRAYER (all 3 TRIO members)

(15-20 minutes)

Pray in your own words using the "Lord's Prayer" as a guide. In the "Lord's Prayer" Jesus teaches us to pray daily through an overview of life that is essential for living in dependence on our Heavenly Father. *Matthew 6:9-13*

- Recount God's greatness.
Our Father in heaven, hallowed be your name.
- Respond to God's purpose.
Your Kingdom come, your will be done, on earth as it is in heaven.
- Receive God's provision.
Give us today our daily bread.
- Relate to God's forgiveness.
Forgive us our debts, as we have also forgiven our debtors.
- Request God's protection.
And lead us not into temptation but deliver us from the evil one.

SCRIPTURE (all 3 TRIO members)

(15-20 minutes)

On your own, devote time in the Bible using S.O.A.P. to guide you from being a hearer of the Word to a doer of the Word. *James 1:21-25*

Share your S.O.A.P. with your Trio.

S is for Scripture – Identify a portion of scripture that particularly spoke to you.

O is for Observation – What do you think God is saying in this scripture?

A is for Application – What is God saying to you? How is He convicting you through this scripture?

P is for Prayer – Pray to obey what God is asking of you through this scripture.

- GROW IN BIBLICAL COMMUNITY -

Biblical community is most fully encompassed by the concept of loving relationships where Christians can truly be known, accepted, supported, and developed.

“You are coming to Christ, who is the living cornerstone of God’s temple. He was rejected by people, but He was chosen by God for great honor. And you are living stones that God is building into His spiritual temple. What’s more, you are his holy priests. Through the mediation of Jesus Christ, you offer spiritual sacrifices that please God.” *1 Peter 2:4-5*

ACCOUNTABILITY (all 3 TRIO members) (25-30 minutes)

Ask these questions to stimulate a community of mutual confession of sin in a place that strikes the proper balance between grace and exhortation, acceptance and growth. Create a culture of running to grace. *James 5:16*

- How has someone hurt you or how have you allowed him or her to rob you of your joy? Have you remained angry or have you forgiven them?
- Have you lacked integrity in your financial dealings? Are you honoring God in your giving and spending? Have you been jealous about something that is not yours?
- What are you worried or over anxious about? Have you lost sleep about it this week?
- How have you represented Jesus Christ to a nonbeliever both verbally and in action?
- How have you honored our family and friends by spending quality time together?
- How have you given in to an addictive behavior, pattern or stubborn habit this week?
- Have you had any flirtatious or lustful attitudes, tempting thoughts, or exposed yourself to any explicit materials, which would not glorify God?
- Have you told any half-truths, avoided disclosing or shared in a way that puts you in a better light? Have you spoken badly about someone this week?
- Have you spent daily time in Scripture and the Lord’s Prayer? Is there something God is asking you to do?
- How did you experience God in your life this week?

- GO LIVE INTENTIONALLY -

Jesus – the Messiah, the Son of the living God – is the rock on which the church exists, lives and breaks through the bondage of the powers of hell. Our lives are to be lived intentionally for Him.

“Simon Peter answered, “You are the Messiah, the Son of the living God.” Jesus replied, “You are blessed, Simon son of John, because my Father in heaven has revealed this to you. You did not learn this from any human being. Now I say to you that you are Peter (which means ‘rock’), and upon this rock I will build my church, and all the powers of hell will not conquer it.” *Matthew 16:16-18*

PLAN (1 person) (25-30 minutes)

Your Trio rotates who shares, mentors, and mediates each week. Follow the P.L.A.N. model to affect change in your life. The one sharing should start off by giving an update on how the previous goal is going.

P is for Pick a desired goal – What is the area or relationship you want to change or develop in your life? Identify a potential goal; it can be modified during the P.L.A.N. process.

- MENTOR: Review, repeat and clarify to better understand. Write down the goal to be as objective and concrete as possible. The goal leads to taking personal responsibility for one’s life.

L is for List present reality – What is the present situation in your life regarding this area? What is keeping it from being resolved? What motivates you in choosing this goal?

- MENTOR: Keep the focus on the present and not the past.

A is for Assess options for moving forward – What are some options one could take for reaching this goal?

- MENTOR & MENTEE brainstorm ideas. Each one makes a list to share, which then creates ideas for the MENTEE to choose from. This helps them to gain a sense of power and confidence that can move them forward and bring about change.

N is for Now work the plan – Finalize your P.L.A.N. to achieve your goal. Use the questions below to help formulate your plan.

Which options do you prefer?

What are some concrete steps needed to make this plan a reality?

Would it help if we wrote down dates to complete each step?

How could someone support you in acting on your plan?

The role of the Mediator is to take notes, keep TRIO on time, and evaluate the Mentor and Mentee by identifying areas that were well-executed and those needing further development. The following week the Mentee will give a brief update on their progress for accountability and encouragement.