

TRINITARIAN PRAYER TOGETHER

Prayer draws us into the life of the Triune God. We come by the Spirit, through the Son, to the Father; then we listen and respond together as the people of God.



THE THEOLOGICAL CENTER *“For through him we both have access to the Father by one Spirit.” Ephesians 2:18*
The Spirit helps us in weakness, the Son brings us confidently into grace, and the Father receives us as his children. We do not have to get prayer exactly right in order to be welcomed. Romans 8:15-16, 26-27 • Hebrews 4:14-16



1

FATHER *Praise + Ask Together*

- Begin by naming who the Father is and what you are thankful for. Let several people offer short prayers of praise, gratitude, and remembrance.
- Bring what the group wants, needs, fears, hopes for, and grieves. Ask freely as children speaking to a good Father; unanswered prayer can become a place of shared lament rather than pretending everything is fine.
- Intercede for people and situations beyond the room. Ask for God’s peace and good gifts, while surrendering the urge to control the outcome. Matthew 7:7-11 • James 4:1-3



2

SON *Remember + Confess + Join*

- Remember the gospel together: Jesus reconciles us to God, reveals the Father, forgives sin, and brings us near. Begin from grace rather than anxiety or performance.
- Make room for confession. Silence may be appropriate; spoken confession should be simple and honest. Ask Jesus to expose selfish motives, hostility, fear, and the places where we want to lead instead of follow.
- Ask: “Jesus, what are you doing here?” and “How can we join you?” Pray for courage to follow his mission and to speak the truth of the gospel when the moment comes. John 14:9-11 • Ephesians 2:14-18



3

HOLY SPIRIT *Listen + Write + Share*

- Become still together for several minutes. Ask the Holy Spirit to help you listen. Pay attention to Scripture, repeated themes, people who come to mind, words of encouragement, questions, or direction that reflects the character of God.
- As you listen, write. Put down what comes to mind without trying to sort or evaluate it yet. The goal is to make room to notice what may be emerging rather than forcing an answer or trying to sound spiritual.
- Then share what you wrote. Use humble language such as, “I was reminded...” or “I sensed...” Listen to one another before evaluating. Repetition and resonance across the group can help clarify what the Spirit may be saying. Romans 8:15-16, 26-27



DISCERN TOGETHER

Test what is shared by Scripture and the character of God. Look for the Spirit’s movement toward freedom, adoption, repentance, peace, courage, love, and the mission of Jesus. Be cautious with predictions, major decisions, or messages directing another person. Those should be submitted to trusted believers and the wider community before anyone acts.

THE GOAL IS A PRAYING PEOPLE. Keep interceding for one another and for the world. Pray for courage, for words of truth, and for the peace of God to take shape among you. Ephesians 6:18-20