

# THE MUSTARD SEED MOVEMENT

## Guidelines for Trinity Groups: Listening, Accountability, Prayer (LAP)

1. Select a prompter/timekeeper.
2. Sit in silence for a few moments.

### LISTENING

3. Someone begins the listening time by answering the question, **“What has God been doing in your life recently?”** as fully as they wish.
4. Once the first person has finished, the other two persons sit in silence for a moment, and then may then ask open and honest questions of the speaker in the time that remains. An open and honest question is one where the asker is genuinely unsure of what the answer might be. Remember that the purpose of this time is listening, not fixing or offering advice.
5. Even if no further questions are being asked, the group will sit in silence until the end of the 15 minute period before moving on to the next person. Let the silence speak and ask questions during this time.
6. After the 15 minute period has ended, the timekeeper gently announces this, and the next person answers, in the same way, “What has God been doing in your life recently?”, followed by a time of open and honest questions from the other two members of the group.
7. After the second 15 minute time period has ended, the timekeeper gently announces this, and the next person proceeds in the same way as the first two.

### ACCOUNTABILITY

8. After all three members have answered the question, “What has God been doing in your life recently?”, the group moves to an accountability time. At the previous group meeting, each person will have asked the group to ask them an accountability question the next time they meet. At this point the members of the group take turns asking one another these questions. (If the other two members cannot remember the person’s accountability question, that person may remind the other two members so that they can then ask it aloud.) Each person has up to five minutes to respond to their accountability question, although they may not use all of this time. **The other two members will ask no further questions in response.** The timekeeper will decide when a person has finished, and move the group to ask the next person their accountability question.
9. *(If this is the first time a Trinity Group has met together, the members will take turns -again in five minute intervals- sharing what accountability question they would like to have asked of them next time and explaining a little bit of why they would like this question asked.)*
10. After each person has shared, the members then go around the circle and have a total of five minutes to very briefly share with the group the accountability question they would like to have asked the next time they meet.

### PRAYER

11. The group members then offer prayer for one another.
12. Group members may then choose to pass the peace of Christ with one another before they depart.
13. Each Trinity Group will hold to a sacred promise of confidentiality within the group. The other members will not ask each other about what has been shared outside of the space of their Trinity Group meeting (such as when they gather in the larger circle or see one another at a District Event).