



TRIHORT

Gospel Friendship in Threes

TRIHORT:

BUILDING GOSPEL FRIENDSHIP IN THREES

The 3-2-1 concept is adapted from Dr Tan Soo Inn's booklet called, **3-2-1: Following Jesus in Threes**. You can read his booklet for a closer understanding and rationale for such accountability groups.



The author used the word 'triad' to describe a group of three. For our purposes, we shall use the word '**trihort**.' This coined-up word is derived from '*cohort*' meaning a group of people sharing common characteristics or pursuing a specific mutual goal. A 'trihort' therefore means a group of three that meets with specific objectives in mind.

What is a Trihort?

A Trihort is a small group of friends meeting intentionally in threes, for two hours each session, once a month. The group is kept small at three persons, hence a *Trihort*.

What goes on in a Trihort fellowship?

A Trihort meets by mutual consent without cost or coercion. They are free to engage each other by having a meal or any common activity. However these sessions must

include a time of personal conversation and introspection.

We share and articulate what God is doing in our lives and how we are doing or where we are going. It is in our interaction that we encourage each other to keep our minds on Christ (Col 3:2).

At the end of our session together, we pray for one another and give thanks to God for His grace towards us all.

What's the goal of the Trihort?

**The Trihort
lets friends walk
together in gospel
friendship and
encourage each
other towards
Christlike maturity.**

In 1 Thess 5:11, Paul wrote of building each other up. He summed it up in his epistle to the Colossians as presenting everyone *“mature in Christ.”* (Col 1:28).

The believer's journey towards maturity, or becoming more like Christ, takes a lifetime of sanctification by the power of Holy Spirit. It begins when a person receives Jesus as Lord, following which they are commended to *“walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving”* (Col 2:6-7)

Therefore, the Trihort lets friends walk together in gospel

friendship and encourage each other towards Christlike maturity. We live out the Gospel of Jesus through which trust and transparency are developed as we fellowship and engage in healthy conversations.

What does ‘Gospel friendship’ mean?

The Gospel of Jesus is the good news of Jesus’ grace in reconciling sinful humanity to God our Creator and Heavenly Father. It is founded upon our union in Jesus’ death and resurrection, by which our sins are imputed upon Him and His righteousness is imputed upon us.

We are *declared* righteous and we are *being* made righteous in union with Christ. This is a process that includes forgiveness of sins, adoption as sons, a loving renovation of our heart, and a radical transformation into a new creation. We are not made worthy by our personal merit nor do we earn our righteousness through any human effort, no matter how sincere. Tim Keller’s words come to mind:

“You are more sinful than you could dare imagine and you are more loved and accepted than you could ever dare hope.”

How Christ counts us as friends provides us a model to extend grace to others in gospel friendship. We are

powerless to declare another person as righteous, but we can offer grace and a safe place for one another to grow in Christ. It follows that building one another up must be served by the reality of the Gospel of Christ which is the Gospel of grace.

Consider our
friendship and
fellowship through
the lens of the
Gospel of grace.

Therefore, it is our conviction that at the heart of our fellowship and conversations are these guiding principles:

- Consider our friendship and fellowship through the lens of the Gospel of grace
- Knowing what we know about God's love and what Christ has done and continues to do in the Spirit , we apply the Gospel to every situation we are in
- Glorify the Lord and thank Him in every circumstance.

What do we talk about in a Trihort?

The following are some basic areas/topics to talk about and share within a Trihort.

These conversation-starters are *examples*, not a list to tick off or hastily cover. They are not exhaustive. Pick a few to talk over, but do not insist if a person or the group is not yet comfortable enough to share more openly.

Personal

- What is the state of your heart? How is your relationship with God recently?
- How are you doing in your personal spiritual disciplines of Bible-reading, prayer, and sharing your faith?

What is the state of your heart? How is your relationship with God recently?

- Share a passage of Scripture that you've read recently. What have you been learning about God and about your personal walk with the Lord?

- What are you thankful to God for in recent days?
- What conflicts or temptations have you been facing?
- What have you been praying about?
- How is God answering your prayer?
- What fun things have you been doing personally recently?
- Have you been eating/sleeping/exercising well?
- Have you been enjoying school/work lately?
- Is there a personal issue that needs to be dealt with, a sin to confess and repent of?

- Is there a person to forgive, something in the past to forget, somethings that require action or follow-up?

Relational

- What fun things did you do with your friends lately?
- Have you made new friends lately and how did you start to connect with them?
- How is your relationship with your family members? What do you enjoy most about your relationship and what is it in your family relationship that's difficult?
- How much time did you spend alone by yourself recently, and how much time did you spend with friends? Why?
- What did you learn or benefit from being in a church service or fellowship recently? Be specific.
- Has your relationship with people in the church contributed to your walk with the Lord recently?
- Have you encouraged someone in their faith recently? Were you encouraged by anyone lately?
- Are you involved in a significant way in your church? How was your experience of serving like?
- What do you need to do to relate more positively to other people?

Vocational

- What do you think God is doing in your life right now?
- Who are you and what do you think your identity is?
Are you at peace with who you are? Why or why not?
- What is your ambition and what do you need to do to achieve it? What obstacles are you facing?
- Is there a specific challenge or difficulty that you are facing? What is the cause and how do you think you are managing it? What needs to happen to help you carry the cross?
- What are you afraid of, and what makes you afraid?
- **Galatians 5:22-23** says,
“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.”
Have you seen the fruit of the Spirit in your life today?
What ‘fruit’ do you have to work on and how do you want your Trihort to help you here?
- Have you felt the Spirit working in your heart to consider a missional or ministry calling ?

How long should our Trihort continue?

The Trihort is to aid believers to be intentional in growing towards maturity. It also aims to develop a *gospel culture* among God's people.

To this end, we shall maintain it for as long as we are able. We may not necessarily achieve all our goals personally or collectively, but we can commit to the Trihort and review its progress after every 6 months, and make adjustments where necessary for the wellbeing of Christ's Body.

At some point, members of the Trihort may go separate ways, or seek to be in a new Trihort to contribute and assist others with the learnings they have gained.

Nevertheless, the hope is to see authentic disciples who are confident in faith and witness. We also desire a body life where the Gospel is embedded in our spiritual DNA and fuels our transformation in Christ within and without.

**May God bless
the desire of our hearts
to the glory of His name!**



hope-efc.com

JUNE 2023



© 2023 NOT FOR SALE

This manual is published for the sole use
of Hope Evangelical Free Church

HOPE EVANGELICAL FREE CHURCH

No 6 -1 & 8-1, Blk 3A, Jln Wangsa Delima 10, Seksyen 5, Wangsa Maju, 53300 KL ,
Tel/Fax: 03-4143 5357 **Email:** info@hope-efc.com **Web:** hope-efc.com