

HCF Prayer Triplets

- Why? What? How?



"Oh that You would rend the heavens and come down...!" - Isaiah 64:1

Why?

- **The Lord Jesus is calling us to PRAY!** He says: "Therefore I want the men everywhere to pray, with clean hearts... and that the women would also pray with clean hearts..." (1 Timothy 2:8-9a)
- **He is calling us to PRAY TOGETHER!** He says: "Truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. **For where two or three gather in My name, there I AM with them.**" (Matthew 18:19-20) - This verse forms the basis of **PRAYER TRIPLETS...**
- **God made the fulfilling of His precious promises conditional on our ASKING in prayer.** He says: "ASK and keep on asking and it will be given to you..." (Matthew 7:7); "You do not have because you do not ASK God..." (James 4:2); "This too I will let the house of Israel ASK Me to do for them..." (Ezekiel 36:37); and, "ASK of the Lord rain in the time of the latter or spring rain ...and He will give them showers of rain..." (Zechariah 10:1)
- **Two or 3 are better than one, together!** God says: "Two are better than one... A cord of 3 strands is not quickly broken." (Ecclesiastes 4:9,12). The One and Only, true and living God revealed himself in His eternal Word as the Triune God - God the Father, God the Son, and God the Holy Spirit - 3 in 1! God is our example in how to be ONE, in Him, also as a Prayer Triplet...
- **It is part of fulfilling the vision of God, though HCF** (and though other organizations), of advancing His Kingdom in the Health Field - through **Prayer, Evangelism and Discipleship.**
- **It is time!!!** God says: "Plow up the hard ground of your hearts, for **now is the time** to seek the LORD, that He may come and rain righteousness upon you..."
- **For God's glory!!!**

What?

A PRAYER TRIPLET is:

- ☺ **A group of 3 Christians**, saved by God's grace, who understand that the Lord has called them to pray, and to pray together, in His Name and for His sake.
- ☺ **They committed themselves** to the Lord and to one another, **to PRAY...**
- ☺ **They committed themselves** to the Lord and to one another, **to pray DAILY (alone)** for certain matters, and **to pray WEEKLY (together)** for specific matters, which are explained below.
- ☺ This is **a prayer covenant, made in dependence upon the LORD** to help them in it, for His glory.
- ☺ It is recommended that the prayer partners in the Prayer Triplet be of the **same gender.**

How?

Practically, in a Prayer Triplet, each person...

- ✓ Committed themselves to **PRAY DAILY, alone**: (1) for their 2 prayer partners and (2) for 3 other precious people who do not yet know the Lord Jesus as their Lord and Saviour. It may be 3 people they work with or others they know, whom the Lord led them to pray for.
- ✓ Committed themselves to **PRAY WEEKLY, together** (physically or via social media): (1) for the 9 precious persons, (2) for their leaders, (3) for their work situation, (4) for God's kingdom to come, (5) for revival, (6) for one another, and (7) for God's guidance in what He wants them to DO, individually and together...
- ✓ This **weekly prayer** (together) by the triplet can be done during a lunch break or before or after work, or in the evening, depending on what time works best for those in the triplet. As the Lord leads, the triplet may even meet more regularly.
- ✓ It is suggested that **a specific time is agreed upon** for the weekly prayer, and that it is at **the same time every week**, so that it's easier to continue in the holy habit of prayer together as a triplet.
- ✓ It's better to have a **short time of prayer together, but regularly, every week**, than to have a long time, irregularly.
- ✓ As the Lord leads them, they may use the format of the **"B.L.E.S.S." prayers** for those they pray for. **"BLESS"** = **B**ody (physical needs), **L**abour (work and financial needs), **E**motions (psychological needs), **S**ocial (relationship and other needs) and **S**piritual (spiritual needs). This may be a better format to use during the daily prayers, as the Lord leads, than during the weekly prayers, to manage time well.
- ✓ If they also use **the PrayerMate™ prayer App** (freely downloadable from the Google Play Store), the daily and weekly prayer points can be put in the App, thus integrating the Prayer Triplet prayers into their other prayers.
- ✓ It's good to remember that God promised: **"...the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans"** (Romans 8:26). **HALLELUJAH!**
- ✓ We do NOT lean on our own efforts in this, but **we lean on the Lord to help us in our prayer**, when we pray alone and when we pray together as a Prayer Triplet!
- ✓ So we say: **"Lord, teach us to PRAY!"** (Luke 11:1), and we pray with all our heart: **"Our Father in heaven, may Your name be kept holy. May Your Kingdom come soon. May Your will be done on earth, as it is in heaven"**! (Matthew 6:9-10), also in the health field, where we work... for Your glory!



The Goal of HCF (Healthcare Christian Fellowship) is **the Lord JESUS**, and that healthcare workers may **KNOW Him, SHOW Him & SHARE Him**, so that their patients and peers may also come to know Him...

Please see more at www.hcglobal.org

HCF Prayer Triplet

The Lord Jesus said (in Matthew 18:19-20): "For where **2 or 3 gather in My Name**, there I am with them...
...if two of you on earth agree about anything they ask for, it will be done for them by My Father in heaven."
"A cord of 3 strands is not quickly broken." - Ecclesiastes 4:12

3 CHRISTIANS, saved by God's grace, **each COMMIT to PRAY**:

DAILY (alone):

- ✓ For their 2 prayer partners
- ✓ For 3 precious persons not yet knowing the Lord Jesus as their Saviour...



WEEKLY (together):

- ✓ For the 9 precious persons
- ✓ For our leaders
- ✓ For our work situation
- ✓ For God's kingdom to come
- ✓ For revival
- ✓ For one another
- ✓ For God's guidance in what He wants me to DO...



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