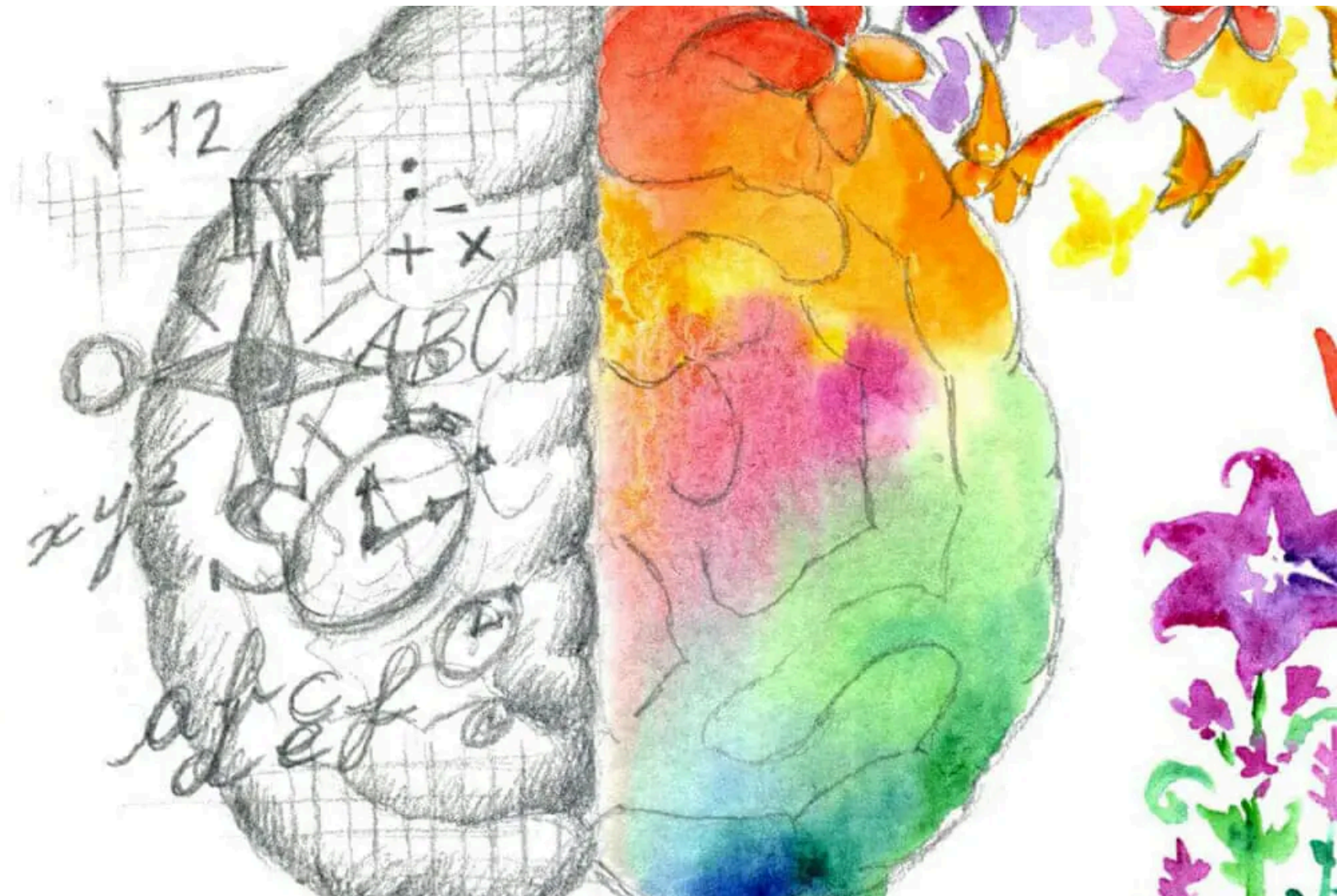


RESTORE TRIAD GUIDE

Where Logic, Emotion, and God Collide



What is a Restore Triad?

In Unplowed Ground Therapeutic Parenting, we teach our kids to practice talking out their feelings and expressing their needs. Wouldn't it make sense if we, as parents, did the same?

"The simple act of identifying and telling the truth about our feelings to an empathetic listener, who doesn't leave, is regenerative to the brain. It builds bridges to being known, feeling connected, and experiencing fellowship with God, ourselves, and others." (Eden Project) For far too long we have neglected the relational and emotional right-side of our brains and settled mostly for the left-brain activities of processing data and solving problems by thinking together.

Based off of the Eden Triad from the Eden Project by Duke Revard, a Restore Triad is "different from a Bible study and unlike what you may have experienced in accountability groups. It is an intentionally relational space to practice our humanity with a few trusted spiritual friends." (Eden Project)

Let's practice what we preach to our kids and give voice to our feelings! The most powerful part of the Restore Triad is not that we share our feelings, but that we bring those feelings and requests before the Lord in prayer and that's where miracles happen!

UNPLOWED GROUND

Restore Triads

RULES OF ENGAGEMENT

1 Put Phone Away

Always put your phone away and out of sight, listening attentively to one another with appropriate eye contact.*

2 Emotional Check-in

Using the list of 8 feelings, spend 30 seconds of silence together to identify the feelings you each have about the main 3 things going on in your lives right now.*

3 Validate Response

After it's clear the person has finished sharing, thank them for showing up. If they share something particularly personal, thank them for trusting you.*

4 Remember Limitations

Remember you can't know ALL that God is doing in someone else's life. You lack critical information about what God is up to. Keep this in mind as you move forward in your Triad.*

5 Ask, "What do you need from us right now?"

Listen and make an attempt to do what they need you to do. Frequent responses: "You just did it. I just needed someone to listen", "I need accountability in this area", etc.*

6 Ask, "What do you need from God right now?"

Pray asking the Holy Spirit to meet each person with: comfort for hurting/sad, wisdom/protection for fear, celebration/gratitude for glad, grace for ashamed/guilty, presence for lonely, and justice/opportunity for anger*

7 Notice

Pay attention to what the Holy Spirit is doing in your triad as you connect. Share that with the group or make note of it for later prayer. *

8 Confidentiality

NEVER share information outside of the triad. With time, each member of the triad will grow in trust for one another. Should gossip or slander occur, this must be dealt with immediately. *

ANGER
HURT
LONELY
SAD
FEAR
SHAME
GUILT
GLAD

