C3

COMMUNITY OF THREE

THE SIX-WEEK LAUNCH

Six meals to *begin.*

A guide for your Community of Three

1 2 3 4 5 6

Rooted in the Trinity. Released for Mission. Reaching for the Million.

WELCOME

Welcome to the *table.*

Once three people are ready to begin, the first six weeks establish the rhythm, the relationships, and the covenant that will hold your community together.

Each gathering is about ninety minutes. It always includes food, whether shared around a table or enjoyed together online, and it always ends with one clear next step.

C3 is not a curriculum to complete. It is a rhythm to enter. No one leads by title: leadership rotates by gift, and decisions are made together.

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PREFER YOUR PHONE?

Follow the six weeks in My C3: keep your place, share notes with your three, and get a reminder before each meal.

c3.fmwm.asia/my

C3 IN ONE SENTENCE

Three believers, reflecting the Trinity, living in intentional friendship that opens toward someone who doesn't yet know Jesus, with one chair always left empty for them.

No building. No budget. No title.

THE THREE MARKS

Trinitarian Equality

Different by design, equal by grace. No one leads by title or position. Leadership rotates by gift, and voice is shared equally.

Gifted Interdependence

All have gifts. None has all. Each of you carries something the others need.

Missional Friendship

The circle stays open. Every C3 exists for someone who is not yet there. L.I.F.E.: Living In Friendship that Evangelizes.

THE EMPTY CHAIR

A name, not a symbol: a neighbor, coworker, or family member outside the faith. We pray for them, eat with them, and love them without agenda. They are a friend, not a project.

"We are gathered for ___, and for the one not yet here."

BEFORE YOU BEGIN

Recognize. Don't *recruit.*

The first step is not recruitment. It is recognition. Before you approach anyone, pray.

PRAY FOR SEVEN DAYS

"Father, who have you already placed in my life for this?"

LOOK FOR PEOPLE WHO ARE

Faithful They show up when they say they will.

Available They have margin for friendship, not just Sunday attendance.

Teachable They can receive honest feedback without shutting down.

DIFFERENT GIFTS

If all three are teachers, conversation drifts toward ideas. Complementary gifts help you learn from one another.

CLOSE BY

The same village, neighborhood, workplace, church cluster or digital space. Gathering should not take heroic effort.

TEST IT WITH A MEAL

Share a meal with no agenda before making any commitment. If conversation flows and you leave wanting more, notice that. If it feels like work from the beginning, keep praying. There is no shame in that.

WHAT A GATHERING LOOKS LIKE

About 90 minutes. Always food. Always one next *step.*

In a home

1. Set a fourth place, left empty
2. Eat together; no agenda at first
3. Say the empty-chair line aloud
4. Share story, gifts, or a passage
5. Pray for the fourth by name
6. Choose one next step with the fourth
7. Set the next date

In a café

1. Same spot, same day each week
2. Choose a table with a spare seat
3. Put the fourth's name on a card there
4. Order and share food
5. Share story or gifts, quietly
6. Pray briefly for the fourth
7. Agree on a next step and date

Online

1. Open a dedicated group thread
2. Put the fourth's name at the top
3. Show up daily: a prayer or encouragement
4. Weekly video call; eat together
5. Speak the fourth's name aloud
6. Share, read, and pray together
7. Reply within 24 hours

A digital C3 is not a lesser C3. The thread becomes the table. For an even richer meal, plan for all three to cook the same dish: same food, different kitchens, one table.

MEETING SAFELY

- Use first names or initials only, in this booklet and in your group thread.
- Where faith is watched, ask the others before posting photos or names.

FILL THIS IN TOGETHER AT WEEK 1

Our *table.*

NAME OR INITIALS	CONTACT (OPTIONAL)	A GIFT WE SEE (WEEK 2)

WEEK	DATE	WHERE	HOST
1			
2			
3			
4			
5			
6			

Our fourth (from Week 3) _____

Where faith is watched, use initials only and leave contact details blank.

1

WEEK 1 OF 6

Table and Testimony



BIBLICAL BASE

Jesus revealed at the table. Luke 24:13–35

AT THE TABLE · ABOUT 90 MINUTES

Eat together for thirty minutes, with no agenda and no curriculum. Cook together or order in. Then each person shares a fifteen-minute version of their story: how did Jesus find you? No fixing. No advising. Just listening.

CLOSE IN PRAYER

"Lord, thank you for writing our stories. Knit us as friends."

BEFORE YOU MEET AGAIN

Send one encouragement to each of the other two before the next gathering.

WHAT DID GOD SHOW US?

2 WEEK 2 OF 6
Grace Mapping



BIBLICAL BASE

"Now to each one the manifestation of the Spirit is given for the common good." 1 Corinthians 12:7 (NIV)

AT THE TABLE · ABOUT 90 MINUTES

Eat together. Then, using Romans 12:6–8 as a guide, go around the group: "I see the gift of ___ in you when you ___."
Write it down. Name what you see. You cannot deploy what you have not discerned.

CLOSE IN PRAYER

"Holy Spirit, show us how to lead with these gifts for our community."

BEFORE YOU MEET AGAIN

Ask one person outside the group this week: "How can I pray for you?"

✂ Use the gift-naming sheet to write down what you see.

WHAT DID GOD SHOW US?

3 WEEK 3 OF 6
Name the Fourth

BIBLICAL BASE

"Does he not leave the ninety-nine in the open country and go after the lost sheep?" Luke 15:4

AT THE TABLE · ABOUT 90 MINUTES

Eat together. Then take thirty minutes to pray as you walk your street, your building, your neighborhood. In a digital C3, scroll your contacts and group threads, noticing who surfaces. Share the names that surfaced and choose one person or household to love for the next ninety days. Write their name on the empty chair.

CLOSE IN PRAYER

"Lord, who is our fourth?" Then pray over them by name.

BEFORE YOU MEET AGAIN

Each of you has one natural touchpoint with your fourth: a wave, a message, a shared moment. No preaching. Just presence.

Our fourth _____

Name or initials. Keep their name private outside the group.

WHAT DID GOD SHOW US?

4 WEEK 4 OF 6
Invite to the Table



BIBLICAL BASE

"Go out to the roads and country lanes and compel them to come in, so that my house will be full." Luke 14:23 (NIV)

AT THE TABLE · ABOUT 90 MINUTES

Prepare extra food. Set the empty place at the table.
If your fourth can come, ask questions, laugh, and be present, with no agenda beyond friendship. If they cannot come, eat anyway and pray for them by name. Then debrief together: what did we notice? How did it feel?

CLOSE IN PRAYER

Pray for your fourth by name.

BEFORE YOU MEET AGAIN

Send your fourth a simple message of thanks: "Loved having you," or "Thinking of you, hope to share a meal soon."

WHAT DID GOD SHOW US?

5 WEEK 5 OF 6
Listen to the Word



BIBLICAL BASE

"They devoted themselves to the apostles' teaching and to fellowship." Acts 2:42 (NIV)

AT THE TABLE · ABOUT 90 MINUTES

Eat together. Read Luke 10:1–9 aloud and ask three questions. What does this say about Jesus sending friends, not solo heroes? What does a "person of peace" look like in our context? What is one step of obedience for us this week?

CLOSE IN PRAYER

"Make us a place of peace for our fourth."

BEFORE YOU MEET AGAIN

Each of you performs one act of service for your fourth: practical, simple, no strings attached. Three acts. One person. No announcement.

This is a C3-only session: the three of you preparing together before your fourth is invited deeper.

WHAT DID GOD SHOW US?

WEEK 6 OF 6

6 Covenant and Commission



BIBLICAL BASE

Joshua 24:15 and Matthew 28:19–20

AT THE TABLE · ABOUT 90 MINUTES

Celebrate six weeks together. Share what God has done. Then read the C3 Covenant aloud (page 14), discuss it, and sign it together.

CLOSE IN PRAYER

Lay hands on one another and pray Acts 1:8 over each other. You are now commissioned.

BEFORE YOU MEET AGAIN

Schedule the next six weeks. Set the date for your next gathering. Name the next step with your fourth.

WHAT DID GOD SHOW US?

The C3 *Covenant*

WEEK 6

Read aloud together, one commitment each, then sign.

I **Show up consistently.**
We will attend consistently. Presence is a form of love.
HEBREWS 10:25

II **Tell the truth within 24 hours.**
We will tell the truth with grace, quickly. When hurt happens, we speak it within twenty-four hours. We do not let silence become distance.
EPHESIANS 4:25

III **Lead by gift, follow by trust.**
We will lead by gift and follow by trust. We name what we see in one another and yield the floor to the gift that is needed.
1 CORINTHIANS 12:21

IV **Keep the table open.**
We will keep our table open. We exist in part for someone who is not yet here.
LUKE 14:23

V **Multiply when God says.**
We will multiply when God says. We release what we have built. We do not cling to what was never ours to keep.
2 TIMOTHY 2:2

Name or initials	Name or initials	Name or initials
Date	Date	Date

AFTER WEEK SIX

No end *date.*

There is no prescribed curriculum for what comes next. Keep gathering weekly: share a meal, read Scripture together (a passage, a question, a response), pray for your fourth by name, and hold one another to the Covenant. The empty chair remains.

MULTIPLICATION

Typically after 12 to 18 months with a fourth, and when the fourth is ready, a new C3 forms with its own empty chair. Not a split. A multiplication. There is no single prescribed way, but two are most natural.

A **The fourth forms a new C3**
with two others they already know. The original three continue with a new empty chair.

B **Two pairs, two new threes**
The four become two pairs. Each pair invites a new third and sets a new empty chair. No one walks away alone.

Either way, a season of all four walking together (C4) is a natural step before the new C3 launches. Release, don't retain.

WALKING WITH YOU

Register
Tell us your C3 has begun.

30 days
A check-in from your Asia Area contact.

90 days
Share what God is doing.

C3
COMMUNITY OF THREE

Three believers. One empty chair.
One commitment to multiply.

We are reaching for the million.
One chair at a time.

HAS YOUR C3 BEGUN?

Register it online so the Asia Area can walk with you and pray for your table.

c3.fmwm.asia/join

From *C3: Community of Three*, a disciple-making strategy for the Free Methodist World Missions Asia Area, by Rev. Alan Bacus, Rev. Dr. Eric Spangler and Rev. Dr. Darin Land. Finding Your Three, the Six-Week Launch and the C3 Covenant are adapted from the original Community of Three Friends (C3F) framework developed by Rev. Alan Bacus.

c3.fmwm.asia
c3@fmwm.asia