



Banded Discipleship is a group of three to five people of the same gender who read together, pray together, and meet together to become the love of God for one another and the world.

Banded Discipleship offers support.

"And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken." – Ecclesiastes 4:12

Banded Discipleship offers forgiveness.

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." – 1 John 1:9

Banded Discipleship offers healing.

"Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working." – James 5:16

The Seven Commitments

1. Respect the **Clock**: *Do your best to share within 15–20 minutes.*
2. Challenge by **Choice**: *You have permission to skip a question at any time.*
3. No **Cross-talk**: *Don't give advice or interrupt.*
4. One **Counselor** (Holy Spirit): *Listen and pay attention to how the Holy Spirit might prompt you to pray.*
5. **Comfort** with empathy: *Hold space for others with open hearts. Rather than offering pity or sympathy, show up and tune in – bless, encourage, and build up.*
6. **Community** of grace: *When someone confesses sin, pardon by saying, "In the name of Jesus Christ you are forgiven." If someone shares a secret, thank them for their courage and never judge.*
7. Strictly **Confidential**: *Never share another person's comments outside of the group.*



MEETING FORMAT

Open

Gather together and remind each other of the purpose of banded discipleship, the promises of Scripture, and the commitment to confidentiality. Then open the meeting with prayer.

Questions:

Each person spend 15-20 mins each answering the following questions.

1. How is it with your **soul**?
2. What are your **struggles** and **successes**?
3. How might the **Spirit** and the **Scriptures** be speaking into your life?

When you are ready to go deeper...

4. Do you have any **sin** you want to confess?
5. Are there any **secrets** or hidden things you want to share?

When each person has finished sharing, leave time for prayer.

Closing Prayer

Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.