



# D GROUP MEETING

Weekly OR BiMonthly  
3-4 ppl of the same gender  
1 - 1.5 Hours

Item	Details	Time
Check-in // Updates	<ul style="list-style-type: none"><li>• Give everyone a chance to give updates on things shared previously</li><li>• Break the ice</li></ul>	10 mins
Prayer Requests	<ul style="list-style-type: none"><li>• Everyone shares hi/lows and how you can pray for them</li><li>• TRY NO TO INTERRUPT the sharing</li><li>• Write down requests. You will pray AFTER accountability.</li></ul>	10 mins
Accountability Questions	<ul style="list-style-type: none"><li>• Everyone answers</li><li>• Be straight forward and honest</li><li>• Suggestion: rank each item 1-7 for each day of the previous week.</li></ul>	20
Journal Report	<ul style="list-style-type: none"><li>• Everyone shares at least one journal from the previous week</li><li>• Give some feedback/ input in needed</li></ul>	20 min
Closing	<ul style="list-style-type: none"><li>• Confirm next meeting</li><li>• confirm actions points and prayer points for the coming week</li><li>• close in prayer</li></ul>	10 min

## Develop Group – Accountability Questions

1. Have you spent daily time in God's Word and in prayer?
2. Have you flirted, or had lustful attitudes, tempting thoughts, or exposed yourself to any explicit materials which would not glorify God?
3. Have you been completely above reproach in your financial dealings and
4. desires?
5. Have you pursued the hearts of your spouse and kids?
6. Have you injured anyone with your words, either directly or behind their
7. back, through gossip, deceit, half-truth, or otherwise?
8. Have you given in to any addictive behaviors? (Food, Drink, Leisure, Hobby, Social Media, etc.)
9. Have you shared the Gospel with an unbeliever this week?
10. Is your heart hard, hardening, softening or soft toward the Lord?
11. ***[Custom Question if Requested]***

# Disciple-Making Covenant

I will commit to the following expectations:

- 1. I pledge myself fully to the Lord with the anticipation that I am entering a time of accelerated spiritual transformation.**
- 2. I will meet with my D-Group for approximately one hours every week, unless providentially hindered.**
- 3. I will complete all assignments on a weekly basis before my D-Group meeting, in order to contribute to the discussion.**
- 4. I will contribute to an atmosphere of confidentiality, honesty, and transparency for the edification of others in the group as well as my own spiritual growth.**
- 5. I will pray every week for the other men/women who are on the discipleship journey with me.**
- 6. I will begin praying about replicating the discipleship process upon completion of this group.**

All Group Member Sign Below:

Date:

## H.E.A.R Journals

The H.E.A.R. journaling method promotes reading the Bible with a life-transforming purpose. No longer will your focus be on checking off the boxes on your daily reading schedule; your purpose will instead be to read in order to understand and respond to God's Word. Let's talk more about how to do a HEAR Journal.

### *How to complete a HEAR Journal:*

The acronym H.E.A.R. stands for Highlight, Explain, Apply, and Respond. Each of these four steps contributes to creating an atmosphere to hear God speak. After settling on a reading plan and establishing a time for studying God's Word, you will be ready to H.E.A.R. from God.

For an illustration, let's assume that you begin your quiet time in the book of 2 Timothy, and today's reading is the first chapter of the book. Before reading the text, pause to sincerely ask God to speak to you. It may seem trite, but it is absolutely imperative that we seek God's guidance in order to understand His Word (1 Corinthians 2:12-14). Every time we open our Bibles, we should pray the simple prayer that David prayed: "Open my eyes, that I may behold wondrous things out of your law (Word)" (Psalm 119:18).



After praying for the Holy Spirit's guidance, open your notebook or journal, and at the top left-hand corner, write the letter H. This exercise will remind you to read with a purpose. In the course of your reading, one or two verses will usually stand out and speak to you. After reading the passage of Scripture, **Highlight** each verse that speaks to you by copying it under the letter "H". Write out the following:

The name of the book

The passage of Scripture

The chapter and verse numbers that especially speak to you

A title to describe the passage

This practice will make it easier to find the passage when you want to revisit it in the future.



After you have highlighted the passage, write the letter "E" under the previous entry. At this stage, you will **EXPLAIN** what the text means. By asking some simple questions, with the help of God's Spirit, you can understand the meaning of a passage or verse. Here are a few questions to get you started:

- ☐ To whom was it originally written and why?
- ☐ How would the original readers have understood the passage?
- ☐ How does it fit with the verses before and after it?
- ☐ Why did the Holy Spirit include this passage in the book?
- ☐ What is He intending to communicate through this text?

At this point, you are beginning the process of discovering the specific and personal word that God has for you from His Word. What is important is that you are engaging the text and wrestling with its meaning.



After writing a short summary of what you think the text means, write the letter “A” below the letter “E”. Under the “A”, write the word **Apply**. This application is the heart of the process. Everything you have done so far culminates under this heading. As you have done before, answer a series of questions to uncover the significance of these verses to you personally, questions like:

- ☐ How can this help me?
- ☐ What does this mean today?
- ☐ What would the application of this verse look like in my life?
- ☐ What does this mean to me?
- ☐ What is God saying to me?

As you complete your HEAR journal, these questions bridge the gap between the ancient world and your world today. They provide a way for God to speak to you from the specific passage or verse. Answer these questions under the “A”. Challenge yourself to write between two and five sentences about how the text applies to your life.

Finally, below the first three entries, write the letter “R” for **Respond**. This is the last part of the HEAR Journal. Your response to the passage may take on many forms.

You may write a call to action.



You may describe how you will be different because of what God has said to you through His Word.

You may indicate what you are going to do because of what you have learned.

You may respond by writing out a prayer to God.

For example, you may ask God to help you to be more loving, or to give you a desire to be more generous in your giving. Keep in mind that this is your response to what you have just read.

Notice that all of the words in the HEAR Journal formula are action words: Highlight, Explain, Apply, and Respond. God does not want us to sit back and wait for Him to drop some truth into our laps. Instead of waiting passively, God desires that we actively pursue Him. Jesus said,

*Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you (Matthew 7:7).*