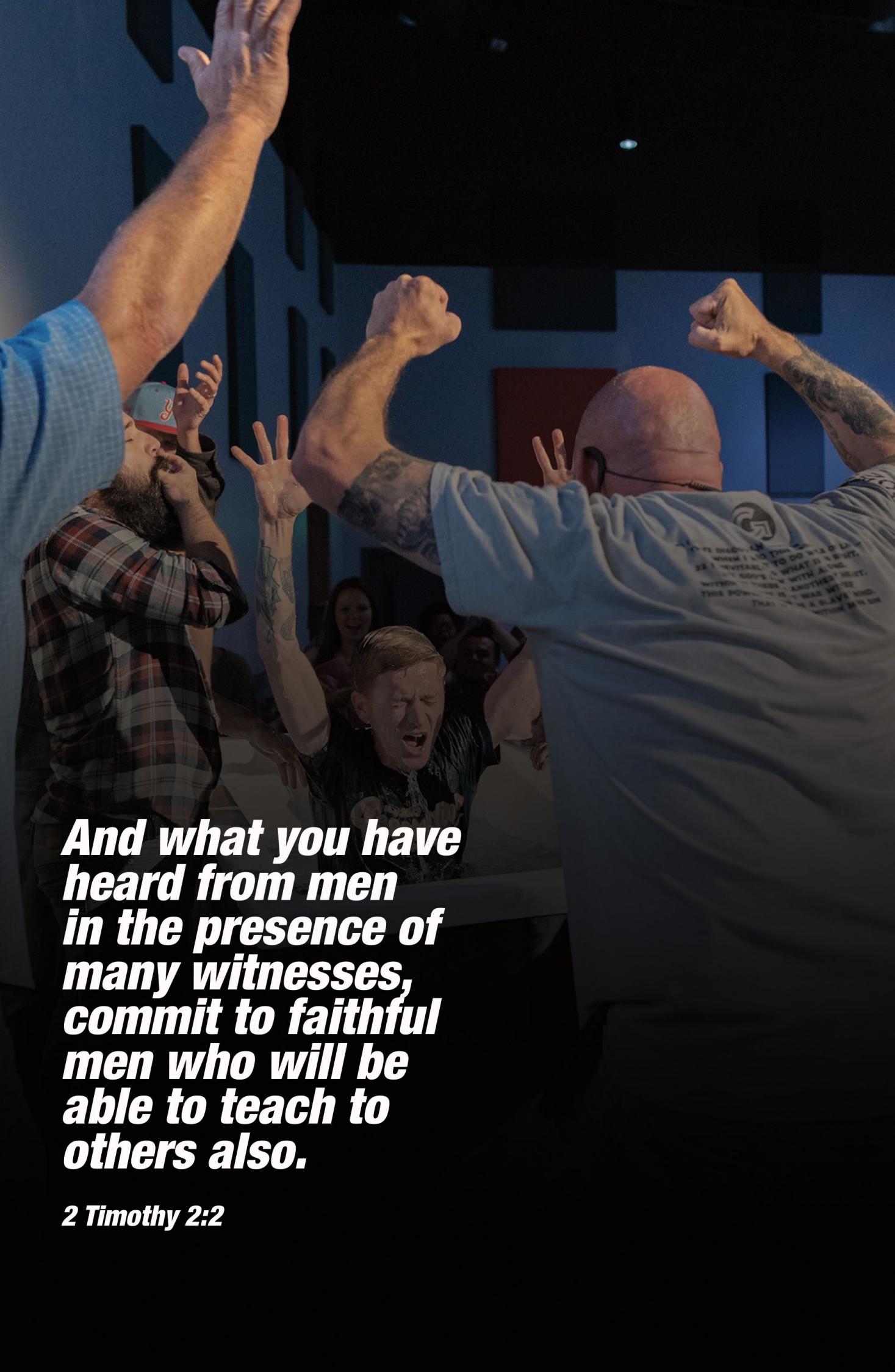


# *Discipleship* *Group* *Starter Guide*

START YOUR DISCIPLESHIP GROUP STRONG.





***And what you have  
heard from men  
in the presence of  
many witnesses,  
commit to faithful  
men who will be  
able to teach to  
others also.***

**2 Timothy 2:2**

# **How To Form Your Discipleship Group**

## **ARE YOU READY TO START A DISCIPLESHIP GROUP, BUT AREN'T SURE WHERE TO START AND WHO TO INVITE?**

If your Discipleship Group isn't formed yet and you need help identifying and inviting people into your group, follow these steps below to form your Discipleship Group. These groups should be 3-6 people.

### **STEP 1**

Identify who you will invite into your Discipleship Group. The people to invite are those you enjoy spending time with, trust, or would like to learn to trust more. Invite someone who wants to go on the journey of learning more about becoming a disciple of Jesus.

### **STEP 2**

Invite each of them into your Discipleship Group. Give them the information on what a D-Group is, as well as the member expectations.

### **STEP 3**

Set when your first meeting will be and when and where you will meet for the upcoming season.

# How To Use This Guide

## YOU ARE ABOUT TO ENTER AN EXCITING SEASON OF ACCELERATED SPIRITUAL TRANSFORMATION.

The Discipleship Group environment encourages us to engage with God's Word and His people in a way that most of us never have before. As His Spirit works in our lives, it creates a passion to help others experience the same thing.

The Discipleship Group Starter Guide is an interactive booklet that introduces each element of the group and helps your group start strong. We encourage each group leader to use this booklet to help guide you through your first few weeks of meetings. Members of the group will have a similar but separate booklet.

***This resource will help your group have important conversations.***

### **WEEK 1 - SHARE YOUR STORY / GOALS & EXPECTATIONS**

Before you look forward, spend time getting to know the stories of those in your group. The trust and empathy you develop by hearing each others stories will increase the impact this group will have on your life.

### **WEEK 2 - INTRODUCING H.E.A.R./ JOURNALS / SCRIPTURE MEMORY / PRAYER**

In the second week, you will begin to get into the rhythm of the four weekly disciplines. You will learn what a H.E.A.R. journal is and why Scripture Memory is so important.

You will talk about your hopes and expectations for the group. This booklet will give you a couple of simple exercises to help you set spiritual goals for the upcoming season.

During the second week, you will also introduce prayer for your "one" and praying for one another.

# Before Your First Meeting

## Hinge Moments

One of the most powerful things God gives each person is their story. Your story is unique to you, and when you leverage your story, it can be a tremendous blessing to you and those around you.

The problem is that though every person has a unique story, few have slowed down to see how God has been active in the high points and hard times. God has been writing a story in your life; the question is if you will connect your story to God's mission.

In the first section, identify Hinge Moments in your life. A Hinge Moment is an experience or season of time that has changed the trajectory of your life. Write down 10 "High Points" (times of success or joy) that you can think of throughout your life. Then write 10 "Hard Times" (times of failure or grief) that you can think of throughout your life.

## HINGE MOMENT REFLECTION QUESTIONS

1. What are my truly formative experiences in life. What has made a lasting impact?
2. Is there any common thread to my experiences?
3. Why do I do what I do vocationally? Did one person or event significantly determine this?
4. Who taught me how to live? How am I learning to live like Christ?
5. How does my unique story bring God Glory? What would my life be like without God?
6. What may God be preparing me to do in my life?

## HINGE MOMENTS LONG LIST

## TOP 10 HIGH POINTS

## TOP 10 HARD TIMES

Once you have listed these moments in your life, star the six most significant “Hinge Moments” (high or hard) for your life.

## TOP 6 HINGE MOMENTS

Now that you have your six “Hinge Moments,” place them in chronological order in the boxes below.

1. Think on each of these moments. Why did you choose these six? What impact did they have on your life?
2. As you look at your story, how have you seen God active in the high points and hard times?
3. What is the biggest thing you have learned from this exercise?

# Week 1

## Goals & Expectations

### Share Your Story

#### WELCOME TO WEEK 1 OF OUR D-GROUP!

For today's meeting we will discuss where we are going as a Discipleship group, how we will get there, and what we will expect from each other. Get ready for the amazing months ahead! Also, we will share our story and hinge moments, and see how God has been at work in our lives.

#### WHERE ARE WE GOING?

Discipleship Groups foster a season of accelerated spiritual transformation. It is a highly relational and committed group of believers that are calling each other to look more like Jesus. Over the next season, this group is committing to help each other look more like Jesus in five ways. We call it the M.A.R.C.S. of a disciple.

#### GOALS & EXPECTATIONS

Once your group is settled in, transition to sharing your goals and expectations. You should not have to spend a lot of time on these as they should have seen them before they joined.

#### SHARE YOUR HINGE MOMENTS

Next, transition to a time to share your hinge moments. Have each member share their top six hinge moments of their life and explain why they chose these times. What impact did each of these moments have on their life? If there is still time to share, have each member share what they learned from the exercise. Identify how much time each person has to share, and manage the time so that everyone has a chance to share.

At the end, after everyone has shared, take time to pray over each Discipleship Group member, and your goals as a group.

## WHAT WILL HAPPEN?

As we allow the Word of God to work in our lives we will see its impact through five areas known as the M.A.R.C.S of a Disciple.

**Rate between 1-5 how well would each of these sentences describe your life today.**

(1 - This doesn't describe me at all;  
5 - this definitely describes me.)

### M - Missional

I am regularly praying for and investing in relationships with those who don't have an active relationship with Jesus.

### A - Accountable

I am consistently sharing with other believers about any and all struggles in my life.

### R - Reproducible

I am looking for opportunities to invest in other believers to help them grow in their faith.

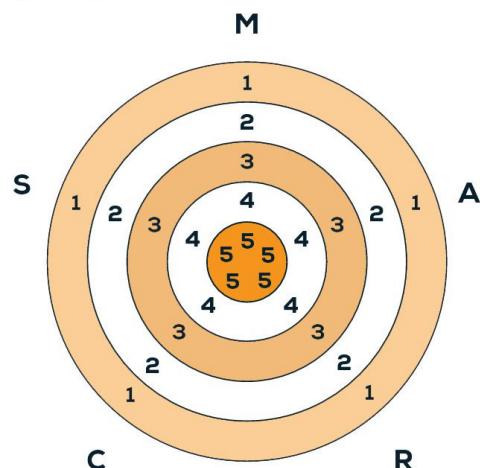
### C - Communal

I am regularly engaging in meaningful community with other believers.

### S - Scriptural

I am experiencing intimacy with Jesus through consistent time reading, meditating, and obeying God's Word.

On the target below, circle the number you chose for each of the M.A.R.C.S. When finished, discuss as a group.



1. Which of the traits is closest to the bullseye? Why did you give it the score you did?
2. Which of the traits is furthest from the bullseye? Why did you give it the score you did?
3. When the Discipleship Group is over, what do you hope your target looks like?

# Who's Your One?

## ONE OF THE M.A.R.C.S. OF A DISCIPLE IS BEING MISSIONAL.

We want every believer to identify ONE person in their life who is far from God. Intentionally pursue that person with the hope of the gospel by praying, investing, and inviting.

As a Discipleship Group, we continually encourage and hold each other accountable to be intentional with this relationship. Once you identify who this person is, we want to commit to doing three things:

### PRAY

We will pray weekly for these names. We will ask God to make them aware of Christ's love and their need for Him (2 Cor. 4:4; Matt.13:15) and to give them the faith to repent and believe (Acts 20:21; Romans 10:9-10).

### INVEST

We will create ways to invest weekly in these people's lives. Our hope is to build a relationship where we can share Christ's love with them (1 Cor. 9:19-23). As we invest in someone's life, we build trust, which creates more opportunities to share the Gospel.

### INVITE

As we pray and invest, we invite them to the next right thing. The idea would be to share your faith and invite them to enter into a personal relationship with Jesus Christ. When people aren't there yet, we can invite them to belong in our community before they believe. We do this by inviting them to events like our Small Groups, a church outreach event, or a Sunday morning experience.

During the accountability time of our Discipleship Group each week, we will ask "How have you been praying and investing in your ONE this week?"

How exciting would it be if they come to know Jesus and then joined your next Discipleship Group!

Take a moment and identify one person in your life who either doesn't have a relationship with Jesus or is disengaged with the local church. This person should be someone you see on a regular basis. Consider your family, friends, neighbors, coworkers, classmates, etc. Once you identify this person, write their name down and share a little about this person with the group.

# HOW WILL WE GET THERE?

*Read 1 TIMOTHY 4:7-8*

During the upcoming season, we will “train in godliness” by focusing on four weekly disciplines. When we meet as a group, our meeting time will work through each of these disciplines.

## **BELOW ARE THE FOUR WEEKLY DISCIPLINES:**

1. Bible Engagement
2. Scripture Memory
3. Accountability
4. Prayer

## REFLECTION QUESTIONS

1. Which of the four weekly disciplines are you currently doing best in?
2. Which do you need to grow the most in?

Below is a picture of how the M.A.R.C.S of the Disciple and the four Weekly Disciplines work together. This picture shows where the group is going and how we will get there.



# Discipleship Group Covenant

## WHAT DO WE EXPECT?

*During the duration of this group, I will do my best to...*

- Give myself fully to the Lord during this time as I anticipate a season of accelerated spiritual transformation.
- Commit to this group and consider how I may best spur others on in their relationship with Jesus.
- Meet weekly with my Discipleship Group (60-90 minutes). When unable, I will stay involved through sharing H.E.A.R. Journals and prayer requests.
- Commit to the four weekly disciplines: Bible Engagement, Scripture Memory, Accountability, and Prayer.
- Contribute to a group atmosphere of confidentiality, honesty, and transparency.
- Pray every week for the other members of my Discipleship Group and those in my life who don't know Jesus.
- Pray and look for others in my life who I can invite into a new Discipleship Group when my current group decides to multiply.

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Name

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Date

# **Week 2**

## **H.E.A.R Journals, Scripture Memory, & Prayer**

Starting next week, we will introduce H.E.A.R. journals, scripture memory and prayer. Once all the elements are introduced, you will follow a simple rhythm through the four weekly disciplines. Below is an example of a normal Discipleship Group rhythm.

**OVER THE NEXT TWO WEEKS, YOUR GROUP WILL INTRODUCE EACH ELEMENT OF A NORMAL DISCIPLESHIP GROUP MEETING.**

### **EXAMPLE OF A DISCIPLESHIP GROUP RHYTHM**

#### **FELLOWSHIP: 10 MINUTES**

Spend the first ten minutes catching up. If you want, you can be more structured in this time and have each person share his or her “high” and “low” of the week, or have a “get to know you” question of the week.

#### **SCRIPTURE MEMORY: 5-10 MINUTES**

Everyone recite their scripture.

#### **BIBLE READING AND H.E.A.R. JOURNALS: 25-35 MINUTES**

As you share H.E.A.R. Journals, a great question to ask is, “What did you learn this week from this passage of reading and what are you doing about it?”

#### **PRAYER: 10-25 MINUTES**

How have you prayed for and invested in your ONE this week? Finish the time by having each person share something specific and personal that the group can pray for.

# **WHAT IS A H.E.A.R. JOURNAL**

**A H.E.A.R. JOURNAL IS A SIMPLE WAY TO HELP YOU READ THE BIBLE WITH THE INTENTION OF APPLYING IT.**

By asking four simple questions, you can understand and apply any passage from the Bible. In addition, journaling is a great discipline because it helps you retain three times more of what you read.

Every week, each of us will share a H.E.A.R. Journal and discuss what we have heard from God's Word. We encourage you to do one H.E.A.R journal a week. The hope is that as you get more comfortable with this discipline and experience its benefit, you will want to increase this number throughout the year.

**Take a look at the H.E.A.R. Journal example on the next page. As you read through your reading plan this week, create a H.E.A.R. Journal by using these four questions.**

## **H (HIGHLIGHT)**

What is a verse(s) that stood out to you in your reading?

## **E (EXPLAIN)**

What is the author's intended meaning in the context of the passage?

## **A (APPLY)**

What is the principle to live by today?

## **R (RESPOND)**

How will I respond to the application in my relationships and/or situations this week?

When the group gets together next week, you will share your H.E.A.R. journal, and as a group discuss how to best use this method.

# SAMPLE H.E.A.R. JOURNAL

**Daily Reading:** Philippians 4

**Date:** January 10

## **H (HIGHLIGHT)**

"I am able to do all things through Him who strengthens me."  
Philippians 4:13

## **E (EXPLAIN)**

Paul was telling the church at Philippi that he has discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

## **A (APPLY)**

In my life, I will experience many ups and downs. My contentment is not found in circumstances. Rather, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

## **R (RESPOND)**

Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I face.

# HOW WILL WE DO SCRIPTURE MEMORY?

*"I know of no other single practice in the Christian life more rewarding, practically speaking, than memorizing Scripture... No other single exercise pays greater spiritual dividends! Your prayer life will be strengthened. Your witnessing will be sharper and much more effective. Your attitudes and outlook will begin to change. Your mind will become alert and observant. Your confidence and assurance will be enhanced. Your faith will be solidified."*

- Chuck Swindoll (*Growing Strong in the Seasons of Life*, 61)

## **EVERY WEEK, WE WILL HAVE A VERSE THAT WE WILL MEMORIZE.**

This is a largely neglected discipline that has amazing benefits for the believer. The discipline's purpose is to store God's Word in our heart (Psalm 119:11). For this reason, we do not want to only memorize verses, but to meditate on them as we do it. Once everyone recites the verse, the group will discuss what stood out to them as they meditated on it.

## **THE MORE ALIGNED OUR GROUP IS IN THIS DISCIPLINE, THE MORE BENEFICIAL IT WILL BE.**

It is important that the group create a plan together and stick to it. It will be helpful for everyone to memorize the same passages. Though it is not required to use the same translation, it benefits everyone when we are able to work as a team to say the same verse in the same translation.

## **THIS WEEK**

After choosing the verses to memorize, begin with the first verse. If there is more than one verse to the passage, add a verse each week until you have completed memorizing the entire passage. Once your group has decided on a book of the bible to go through together, keep working through that book a chapter each week, writing a H.E.A.R. Journal for each chapter.

## **GOOD SCRIPTURES TO MEMORIZE TOGETHER**

Psalm 23

John 3:16

Ephesians 6:10-18

Ephesians 2:10

# **Accountability Questions**

At the end of the session spend some time in prayer for each of you and your attendees “one”. Also share any other prayer requests you have.

You can also create a time for confession by prompting with any of these following questions:

## **ADDITIONAL QUESTIONS**

- Have you honored God and your spouse with your thoughts, words, and actions this week?
- How have you intentionally invested in an important relationship in your life? (Family, friends, neighbors, co-workers, etc.)
- Have you given in to any addictive behavior this past week? (alcohol, tobacco, video games, work, TV, etc.)
- Have you told any lies or half-truths this week?
- Have you damaged another person by your words, either behind his or her back or face-to-face?
- How are you making a kingdom impact?

# Resources For You

**Sometimes, we all need a little help.**

We have compiled a list of resources that will help you dive deeper into the Word.

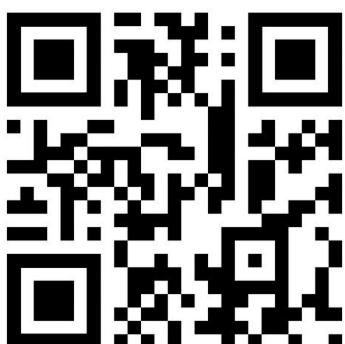
Through The Word App



Bible Memory App



Enduring Word App



The Bible Project

