



D-GROUP MANUAL

Fueling a Movement of Disciple Makers



Mission: We to equip people to discover and pursue God's design for their lives for the glory of Jesus' name.

Vision: To Fuel of movement of multiplying disciple makers so that the fragrance of Jesus can be sensed in Thorsby and beyond.

Now thanks *be* to God who always leads us in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place. *Revelation 7:9-10*

Following Jesus is about a Relationship with...

...the Father – Mk. 1:35 – Key Word: Abide

...with One Another – Mk. 3:14 – Key Word: Connect

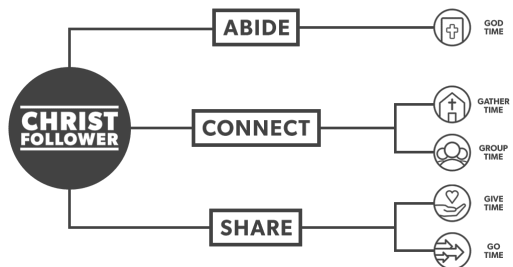
...with the World – Mt. 9:35-36 – Key Word: Share

A Jesus Follower...

ABIDE in Christ personally and daily.

CONNECT in community in large groups and small groups

SHARE in the mission locally and globally.



Group Time is Grow Time

GETTING STARTED

You are about to enter an exciting season of accelerated spiritual transformation. The D-Group, which is a gender specific group of 3-6, encourages and engages us with the Word of God and the people of God in a way that is different from every other environment in the church. As the Holy Spirit works in our lives, it creates a passion to help others experience the same thing.

The D-Group Manual will help start and facilitate the group while introducing elements of disciple making so the group will start strong and be able to reproduce itself in time. We encourage everyone in the group to have a booklet and use it to guide you through the first few meetings.

This resource will help lay a solid foundation for your group.

WEEK 1 – GETTING STARTED – INTRO THE “WHY – WHO – HOW”

During the first meeting you will set clear expectations for the group and get to know one another. You will also introduce the 411 which clarifies why and how we make disciples.

WEEK 2 – CONTINUE “WHY – WHO – HOW” TRAINING

One of the MARCS of a disciple is **MISSION**. In the second week, you will continue the 411 Training equipping members to share their story and God’s story.

WEEK 3 - INTRO H.E.A.R. JOURNALS & SCRIPTURE MEMORY

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

WEEK 4 – INTRODUCE ACCOUNTABILITY AND PRAYER:

During the fourth week you will continue your weekly rhythm through the disciplines while also introducing your second accountability question and explaining how you will pray for one another.

Set Expectations:

It's important that we all have the same expectations for this group. Below is an image called the D-Group DNA. This image and the next couple of pages explain what is unique about this D-Group. Have someone from your group read aloud each section and discuss the questions as a group.



What will we do? _____

I Timothy 4:7-8

But reject profane and old wives' fables, and exercise yourself toward godliness. For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.

During the upcoming season, we will focus on five disciplines that we will engage in weekly. When we meet as a group, our meeting time will work through each of these disciplines:

1. Accountability
2. Bible Reading
3. H.E.A.R. Journal
4. Prayer
5. Scripture Memory

Which of the five weekly disciplines are you currently doing well?

Which do you need to grow in most

What will God do? _____

2 Timothy 3:16-17

All Scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.

2 Corinthians 3:18

But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

Each of these verses speaks to how the Holy Spirit uses God’s Word to change our lives. Though we commit to the disciplines above, it is not our effort that changes us, but the Holy Spirit through the Word. The disciplines provide room in our lives for God to work.

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 MARCS of a Disciple.

MISSIONAL

A disciple engages with those unengaged with the church.

ACCOUNTABLE

A disciple is real with oneself, God, and others.

REPRODUCIBLE

A disciple invests in men and women who are of F.A.I.T.H.
(Faithful, Available, Intentional, Teachable, Hungry)

COMMUNAL

A disciple intentionally shares life with other believers.

SCRIPTURAL

A disciple experiences intimacy with Christ through regularly reading, meditating, and obeying God’s Word.

Between 0-10, rate how well would each of these sentences describe your life today.

_____	_____	_____	_____	_____
Missional	Accountable	Reproducible	Communal	Scriptural

Group Meeting Format

Look Back

Have everyone Share a Highs & Lows?

Have you Lived out TFBC Values?

- Abide - How's your time with the Lord?
- Connect - Did you encourage a brother / sister?
- Share - Did you share the Gospel?

Vision: (Never Skip) "to multiply disciples and groups"

Mt. 28:18-20; 2 Tim. 2:2

Look up

What did you learn from your time in the Word –

- Which HEAR journal from last week's stood out?
- What does this teach about God/people?

Scripture Memory: Have each recite verse ask the following

***Resource your group is going through or
Introduce Disciple Making Principle***

Look Ahead

Pray, listen, & make commitments (Never Skip)

- Have everyone in the group pray for God to show them how to answer the questions below.
 - How will you **obey** passage / principle?
 - Who will you **train** with this passage / principle?
 - With who will you **share** your story or God's story
- Clarify commitments in one word or short phrase
- Contact group members to remind them of their commitments

D-GROUP COVENANT

During the duration of this group,
I will do by 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 D-Group (60-90 minutes). When unable, I will stay involved through sharing H.E.A.R. Journals and prayer requests.
- Commit to the five weekly disciplines: Bible Reading, H.E.A.R. Journals, Scripture Memory, Accountability, and Prayer.
- Contribute to a group atmosphere of confidentiality, honesty, and transparency.
- Pray every week for the other members of my D-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 D-Group when my current group decides to multiply.

Signed Member: _____

Signed Leader: _____

Date: _____

Getting Started – Week 1 – Intro the Why-Who-How

Welcome to week one of D-Group! Today's meeting will look different than your normal weeks. You will focus on getting to know one another, setting expectations, and committing to one another. Get ready for the amazing months ahead!

Get to Know One Another:

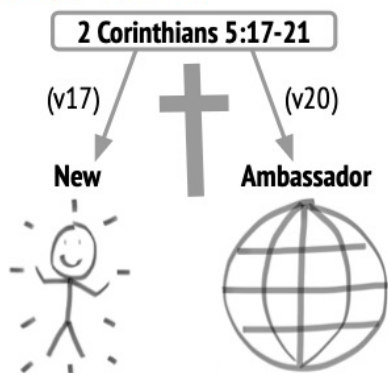
Below are a list of questions you can discuss as a group. You most likely will not have time to go through all of them, but pick 1-2 and designate half your meeting time to discussing them.

- ***Share a 2-3 minute version of your testimony.***
- ***What are you most looking forward to in this group?***
- ***Tell us about your family, work, and personal hobbies.***
- ***What is one thing that you are excited or intrigued by right now?***

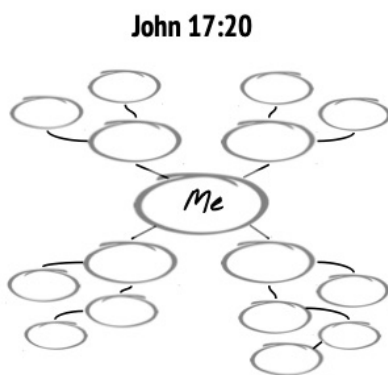
Introduce the “Why – Who – How” to Make Disciples

Make disciples, who make disciples [Matt. 28:18-20]

Why? - Identity



Who? - Oikos Map



NOTE

In the future, you can spend more time getting to know one another. A great way to do this is by asking a different member each week to share their story in 7-10 minutes.

“Why – Who – How” Cont. “How to Share” – Week 2

One of the M.A.R.C.S. of a Disciple is Missional.

We believe when God makes us new, He commissions us to be his Ambassadors to those in our relational network (oikos).

As a D-Group, we continually encourage and hold each other accountable to be intentional with this relationship.

Once you identify who's in your Relational Network (Oikos), we want to commit to doing three things:

IDENTIFY Your FRANs – Friends, Relative, Associates, Neighbors

We all have people in our household (Oikos – Gr-Relational Network) who are far from God. He has placed them in our lives in is imploring through us to be reconciled with Him.

INTERCEDE Daily - *We will pray daily 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).

INVITE to the Next Right Thing

The ideal 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 Group, a church outreach event, or a Sunday morning service.

During the accountability time of our D-Group each week, we will ask ...

15-Second Testimony

Intro

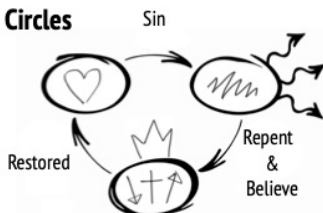
There was a time in my life...



Ask?

Do you have a story like that?

3 Circles



“With whom have you shared your story or God's story?”

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

WHAT IS A H.E.A.R. JOURNAL?

WEEK 3 - INTRO H.E.A.R. JOURNALS & SCRIPTURE MEMORY

We will begin to get into the rhythm of the five weekly disciplines. You will learn what a H.E.A.R. Journal is and why Scripture Memory is so important.

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. In addition, journaling is a great discipline because it helps you retain three times more of what you read.

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?

Good Application Questions

A helpful framework to use when trying to discern what application you should take from a text is
S.P.E.C.K.

S - Is there a SIN to confess and avoid?

P - Is there a PROMISE to keep?

E - Is there an EXAMPLE to follow?

C - Is there a COMMAND to obey?

K - Is there KNOWLEDGE of God I need to reflect on?

Once you identify what your application is, you can finish your RESPONSE section by asking, "How should I respond to this application in my relationships and/or situations this week?"

Scripture Memory

"I know of no other single practice in the Christian life more rewarding, practically speaking, than memorizing Scripture..."
Chuck Swindoll

Scripture Memory increases the vocabulary of the Holy Spirit in our lives." Robby Gallaty

Scripture Memory Enlightens our Walk – Ps 119:105; Rm. 10:17

Scripture Memory Enables our Work – 2 Tim. 3:16-17; Acts 20:32

Scripture Memory Expands our Witness – 1 Pt. 3:15; Acts 2:14-40

Scripture Memory Empowers our Warfare – Ps. 119:9-11; Eph. 6:17

Resource: Bible Memory App

WEEK 4 – INTRODUCE ACCOUNTABILITY AND PRAYER:

During the fourth week you will continue your weekly rhythm through the disciplines while also introducing your second accountability question and explaining how you will pray for one another.

CORE QUESTIONS

Each week, we ask these questions:

- Which of your H.E.A.R. Journals stood out the most to you this week and what are you doing about it?
- How have you encouraged a brother/sister in Christ this week?
- How have you been praying for and investing in your one of your FRANs this week?

ADDITIONAL QUESTIONS

When there is additional time, we may ask the following questions. One suggestion is to ask each person to circle the question that they need to be asked the most often.

- Have you honored God and your spouse with your thoughts, words, and actions this week?
- Have you spent quality time with your family this week?

- 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?
- Have you participated in anything unethical this week? Have you been completely honest with your answers today?

Prayer – In this manner, therefore, pray:

How to Pray

Matthew 6:10-13

P

PRAISE for who He is.
for what He has done.

OUR FATHER WHO ART IN HEAVEN, HALLOWED
BE THY NAME.

R

REPENT of sins I have committed.
of commands I have neglected.

AND FORGIVE US OUR DEBTS, AS WE
FORGIVE OUR DEBTORS.

A

ASK for the needs of others.
for my needs.

GIVE US THIS DAY OUR DAILY BREAD.
AND LEAD US NOT INTO TEMPTATION, BUT
DELIVER US FROM EVIL.

Y

YIELD my will to God's will.
my agenda to God's agenda for me.

THY KINGDOM COME. THY WILL BE DONE ON
EARTH AS IT IS IN HEAVEN.
FOR THINE IS THE KINGDOM, AND THE POWER,
AND THE GLORY, FOR EVER. AMEN.