



**REDEEMER
CHURCH**

DISCIPLESHIP

LEADER'S GUIDE



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A VISION FOR DISCIPLESHIP

Why Discipleship Groups?

Discipleship is one of the highest priorities we have at Redeemer Church. We believe that God has called each and every one of us to be followers of Jesus who help others find and follow Jesus. One of the primary ways that we accomplish this is through our Discipleship Groups.

Why: Theological

Throughout the Bible, we consistently find the call to pass on the faith to the next generation of believers.

"What you have heard from me in the presence of many witnesses, commit to faithful men who will be able to teach others also." 2 Timothy 2:2

We're called to not only reach people with the gospel, but to teach and train faithful women and men to follow Christ in hopes that this training would multiply.

(Leviticus 10:10, Psalm 145:4, Matthew 28:20, Titus 2:1-8, 2 Timothy 2:2).



"Discipleship is intentionally equipping believers with the Word of God through accountable relationships empowered by the Holy Spirit in order to replicate faithful followers of Christ." - Discipling Her by Kandi Gallaty



Why: Philosophical

We're convinced that Discipleship Groups are one of the most effective ways to make disciples. They are highly relational, and provide great context for deep discipleship, community, and care, enabling members to take their next steps in spiritual growth.

Why: Practical

All you need to lead a Discipleship Group is a Bible, a heart to make disciples, and a commitment to show up for your group. Because of this, Discipleship Groups are easily replicated and have potential for exponential growth.

Putting it all together

Discipleship Groups are our response to the Bible's clear mandate to make disciples and the realities of the culture we find ourselves in today. They are a system set up to counteract the natural flow of the world around us and reroute us toward a biblical vision for life in Christ.

Exponential Discipleship

Discipleship Groups aren't flashy. They won't grow our church to huge numbers in a short amount of time, but that doesn't mean they're ineffective. The chart below compares two scenarios:

- (1) a hypothetical evangelist who leads someone to Christ every day of the year
- (2) a disciple maker who leads a Discipleship Group from which three people go on to lead.

YEAR	EVANGELIST	DISCIPLE-MAKER	YEAR	EVANGELIST	DISCIPLE-MAKER
1	365	3	9	3,285	19,683
2	730	9	10	3,650	59,049
3	1,095	27	11	4,015	177,147
4	1,460	81	12	4,380	531,441
5	1,825	243	13	4,745	1,594,323
6	2,190	749	14	5,110	4,782,969
7	2,555	2,187	15	5,475	14,348,907
8	2,920	6,561			

Concept from Discipleship Essentials: A Guide to Building Your Life in Christ by Greg Odgen.

Analysis of Chart

At first, the evangelist's numbers are impressive, but around year eight things change dramatically because they aren't reproducing. Through slow and deliberate work, disciple-making multiplication is a worthy task that makes a lasting impact for the kingdom of God.



***" We were made to be disciples who make disciples until the day we see the face of the One we follow, and together with all the nations we experience His satisfaction for all eternity".
- Multiply by Francis Chan***

WHAT IS A DISCIPLESHIP GROUP?

A definition

A Discipleship Group is a closed group of three to five Christians of the same gender who gather regularly to commit themselves to becoming more like Christ, Nurture (Care), and Accountability.

A closed group

Because accountability and honesty are primary goals of a Discipleship group, adding people once the group has begun could compromise the vulnerability of the group.

3 to 5 people

Discipleship Groups should have three to five participants, including the leader. This number strikes the balance between the desire to make as many disciples as possible and the need for vulnerability. It is difficult to foster accountability in a group of more than five people. Jesus opted to invest more deeply in Peter, James, and John than the rest of the disciples, perhaps for this reason (Mark 9:2). The need for honesty also necessitates the group being single gender.





Christians Only

You can't be in a discipleship relationship with someone who isn't a believer. Now, just because group members must be Christians doesn't mean they must be mature Christians. Some of the most satisfying Discipleship Groups are made up of young, hungry believers who devour the Scriptures and then eagerly head out to make more disciples!

Gather regularly

Discipleship Groups are encouraged to set a time and commit to meeting regularly whether that be every week or every other week. The key is to be consistent so that Discipleship Group becomes a part of your normal rhythms.

Study scripture

Discipleship centers around the study of Scripture. Participants will read the Bible throughout the week and write journal entries based on their reading. Then, when they gather, they discuss their reading.

Nurture & accountability

Discipleship Groups are the perfect environment to confess and repent of sin, as well as open up about the struggles that members are facing. The safety of the small, closed group helps members be transparent. There, they can also encourage one another in the gospel as they pursue holiness throughout the week.

Prayer

Discipleship Groups should make time to pray with and for one another. In prayer, we worship the Father and align our will with His. Discipleship Groups are also where we ask God to intervene where we need help and thank Him for all that He's done for us.



***"But before a person can make disciples, he or she must first be a disciple. What does it mean to be a disciple? At the very core, a discipler is a learner, one who is set on growing and developing."
- Growing Up by Greg Ogden***

HOW TO

LEAD

Naturally, you will see that groups thrive when someone takes ownership and leads, providing vision and direction and acting as a model for others.

01. Own it

Take responsibility for your group, and provide clear vision and direction, when you are first starting and throughout the life of the group. This means creating an atmosphere conducive for spiritual growth by keeping the group on track and creating an environment of encouragement and healthy challenge.

02. Pray

Commit to praying for your group members by name on a regular basis. Pray for your group to grow in faith, develop deep relationships, and live on mission in our community.

03. Communicate

Whether by texting, calling, or emailing, find ways to keep your members connected throughout the week. Discipleship Group is meant to be highly relational, and that only happens when people feel genuinely connected to each other.

04. Lead Multiplication

The goal of a Discipleship Group is to make disciples who make disciples. Remind your group that they are just a link in the chain and that everyone is expected to lead their own Discipleship Group when this one ends.

SELECTING DISCIPLESHIP GROUP MEMBERS

The first step in launching your group is to invite others to join you. Much of the success of your group will depend on who you select. Discipleship groups aren't made up of biblical scholars but ordinary people who are FAT (Faithful, Available, Teachable).

01

Faithful

- **Is this a person who will do what they say they will?**
- Discipleship Groups are high-commitment and nothing kills one faster than a member not showing up or not being prepared.

02

Available

- **Does this person have the margin necessary to participate?**
- Successful Discipleship Groups require a regular routine (at least once or twice a month) of showing up and engaging meaningfully. If they are too busy, it's much better that they wait until they can fully commit.

03

Teachable

- **Is this person humble and ready to learn?**
- The people you invite into your group should be willing to admit that they have a lot to learn, and they should desire to grow in their faith instead of feeling like they have already arrived.

OTHER CONSIDERATIONS

Don't Settle. Discipleship Groups are for people who are willing and eager to be disciple-makers themselves. The Holy Spirit has plenty of other avenues to grow someone's character to the point where they're ready for a Discipleship Group.

Where to find Discipleship Group members

When you are looking for people to invite to your group, it's best to stop and take a look around you. First, are there people at Redeemer that might be good additions to your group? People from your Community Group or on your Ministry Team are a great place to start. Second, consider looking for people outside the church. Are there people where you live, learn, work, or play that would be great additions to your group?

Christians Only

You can't disciple someone who isn't a Christian. Discipleship Groups are not for evangelism, they're for training people who already believe. Inviting nonbelievers into a Discipleship Group hinders the growth of the believers in the group. Now, just because group members must be Christians doesn't mean they must be mature Christians. Some of the most satisfying Discipleship Groups are made up of young, hungry believers who devour the Scriptures and then eagerly head out to make more disciples!

Plan to Reproduce

Communicate up front that the goal is for every member of the Discipleship Group to lead their own group once this one ends. The end result of a year or more of serious Bible study, memorization, and accountability should produce someone who's eager to make more disciples.

GROUP MEMBER EXPECTATIONS

01. Scripture Reading

Discipleship Groups should all follow the same Bible reading plan. Every group member must keep up with the weekly reading assignments. A sizable portion of the weekly meetings are dedicated to discussing the readings, so a member who has not done their part will be lost and unable to participate.

We recommend that groups use the F260 Bible reading plans from Replicate Ministries. The plans have five readings per week, and each day's reading takes less than ten minutes. The selection of readings gives readers a good overview of the Bible and is careful to include all of the major passages essential for Christians to know. The F260 plans also provide the option for memory verses from that week's reading.

Some Discipleship Groups may choose to do additional reading on top of their weekly Bible passages. If you opt to do this, allot more time for your weekly meetings to discuss the book. This keeps you from stifling the other important aspects of the meeting.





02. Journal entry

Every day, after reading the assigned passage, group members should complete what's called a H.E.A.R. Journal. H.E.A.R. stands for Highlight, Explain, Apply, and Respond, and it provides an outline for each journal entry. This tool will help members dive deeper into each scripture passage. Writing out verses and spelling out how they apply helps move the Word from our head to our hearts better than almost anything else. (For detailed instructions or an example, see the Appendix.)

03. Show up and be real

Members should be present for each meeting. There will be exceptions—people will travel for work or be sick—but generally speaking, everyone should show up every week. More than just showing up though, members should show up ready to be real. It does no good for anyone in the group to show up every week and lie to themselves, the Lord, and the group. Discipleship Group should be a safe place where people can be honest about what's going on in their lives. They should know they will not be condemned or shunned but instead met with grace and the gospel. But the first step is being willing to be real.



"Making disciples is all about seeing people transformed by the power of God's Word. If you want to see that happen in others, you need to be experiencing such transformation yourself."

- Multiply by Francis Chan

THE FIRST

MEETING

01. Break the ice

Your first meeting will look a little different than the rest. People may be uncomfortable at first. They may be unsure what group will be like, how personal it will get, or if the group will click. To help ease this tension, it is important to take time to get to know each other. You might even take the first 15-20 minutes of group each week for each person to share their testimony.

02. Set expectations

Go over the expectations. Talking about them clearly and directly together will help reinforce their seriousness. You might also have each group member sign a covenant agreeing to the expectations (we've provided one you can use in the appendix).

This is also a good time to encourage communication. Trade numbers and make it clear that if someone is going to miss group or be late, they should let everyone know. It may be helpful to start a group text message where you can talk about these things as well as check on each other throughout the week.

03. Clarifying timing

You'll want to confirm that the time and place you're meeting works for everyone and that there are no foreseeable conflicts. You should also determine how long your group will meet. We recommend 24 months.

"Discipling is an intentional relationship in which we walk alongside other disciples in order to encourage, equip, and challenge one another in love to grow toward maturity in Christ. This includes equipping the disciple to teach others as well."

- Transforming Discipleship by Greg Ogden

04. Multiplication

The first day, like every day, is a great time to remind your group that the goal is for each of them to lead their own group once this one finishes.

05. Accountability

Finally, be sure you begin planning the accountability questions you'll ask each other. Select several for the group (see appendix) and also ask each member to choose one or two specifically for themselves. Emphasize in this meeting that every member is responsible for making the group a place of honesty and protecting each other's privacy.

Be sure your group understands that this is a place of safety where they can be honest with one another. Also, leaders set the bar for vulnerability. Your group will only be as open as they see you being. So, take the lead in sharing your heart.

06. Set the tone

The members of your new Discipleship Group will likely be nervous about what they're getting themselves into. Encourage them by telling them how excited you are to begin, that you're all in this together, and that you're confident the Lord will use your time in big ways.

DISCIPLESHIP

GROUP MEETINGS

Over time, your Discipleship Group meetings will become cherished hours spent with dear brothers and sisters in Christ. They will likely become one of the most spiritually fulfilling parts of your week.

01. Time and place

Choose a setting for your meeting that is convenient for all members and where you'll be able to sit and talk for a while. Coffee shops, restaurants, or someone's home are just a few options. Talk with your group to select a time that works for everyone every week. You will likely need between 75 and 120 minutes for the Discipleship Group meeting. Pick a place and time and stick to it. Keeping things consistent takes some of the thought out of it.

02. Agenda

There is a lot of freedom in how you structure your Discipleship Group meeting. The only non-negotiables are some form of connecting, discipleship, and care. How you order these things and how much time you spend on each is up to you. You'll naturally have some time of catching up when you come together. This is good and important, but be careful not to let it go on too long.

You're here for a purpose: "to grow in the grace and knowledge of Jesus" (2 Peter 3:18). Circumstances may dictate that an entire meeting be devoted to prayer or discussing a specific accountability or care issue. Let the Holy Spirit guide you in how you spend your time.

It's a good idea to go into the meetings with a general plan that everyone is familiar with, but don't be afraid to adjust as needed. If you find you're consistently skipping an element you'll want to correct that and insist it be included.

Below is a meeting outline that we recommend:



Connect

Take time to get to know each other or catch up on what's happened since your last meeting.

Time spent connecting deeply will pay big dividends by creating an atmosphere where members feel comfortable being vulnerable.

Begin with prayer. As you open, ask the Lord to bless your time, to encourage you, to make you honest, and to glorify Himself.



Disciple

Spend some time discussing your journal entries from the previous week's Bible reading.

Ask each other what stood out, what was encouraging, what was confusing, etc.

Dialogue about how to apply the Scriptures to your lives.



Care

Take time to ask the accountability questions you agreed on in your first meeting together.

This is also a helpful time to talk through and pray for any sin, suffering, or struggles group members are walking through.

Encourage group members to write down each other's prayer requests so they can pray for one another and check in throughout the week.



“Multiplication - not addition - is Jesus' plan for reaching the world with the gospel. And multiplication is the purpose of the discipleship group.” - Replicate by Robby Gallaty and Chris Swain

HOW TO MULTIPLY

One of the goals of a Discipleship Group is to make disciples who make disciples. Once your group runs its course, each member will be more than equipped to lead their own group. Having a plan for multiplication can make all the difference.

Talk about it early and often

Saying things like “when you lead your own groups” and “next year when you’re a group leader” will help reinforce the expectation of reproducing.

Let them lead

Let your group members have plenty of chances to lead the meetings. Over time, it should feel less like you’re the leader of a group and more like you’re a group of peers.

After you give someone else a turn at leading the meeting, give them some feedback. What did they do well? Where could they improve? A teachable disciple will be eager to hear how they can be a better leader.





Pass it on

About two months before your group comes to an end, encourage your members to begin looking for people to populate their Discipleship Group. Remind them of the F.A.T. criteria, and encourage them to start inviting others. It can take some time to get two, three, or four people to commit to a group, so recruiting a few months ahead of time is wise.

Send them out

Typically, once someone has been through a year or more of Discipleship Group, they'll be more than equipped to lead their own. Still, you should remind them of the basics before you turn them loose. Give them a copy of this guide and answer any questions they may have.

Be there for them

Finally, make yourself available to them after your group ends, especially during the first few months of a new Discipleship Group. Having you there as a trusted advisor will bolster their confidence. Check on them each week to see how the launch is going and how they're doing personally.

FREQUENTLY ASKED QUESTIONS

What if someone talks too much?

From time to time, you'll have eager group members who dominate the conversation. This can harm the group dynamic and discourage others from participating.

If this is happening, address it quickly. Ask the individual to stay after group for a few minutes to talk. Point out that they are dominating the conversation. Encourage them to give other people a chance to speak and to be mindful of how much they're speaking.

What if someone doesn't do the work?

One of the agreements everyone makes by joining a Discipleship Group is that they'll do what's required. A consistent pattern of not reading, journaling, or memorizing is a problem. People do what they consider important. Someone who isn't engaging the Scriptures doesn't consider them a priority, which means they're not ready for a Discipleship Group.

We recommend having one conversation with the person about living up to their commitments. This conversation will be easier if your group members filled out a group covenant at the start of your time together. You can point out to them that they had committed to doing these things with the group. If they do not improve, you should ask them to leave the Discipleship Group.

Allowing someone to stay who does not keep up their end of the bargain will kill morale in your group. It will communicate that discipleship doesn't matter that much. That's the opposite of what we want to communicate in a Discipleship Group.

What if someone misses too often?

Just like those who don't do the work, individuals who have inconsistent attendance bring the group down. Again, people make time for what they consider important. If they're not making time for group, assuming it's been scheduled with them in mind, then it clearly isn't a priority.

We recommend having one conversation with the person about living up to their commitments. This conversation will be easier if your group members filled out a group covenant at the start of your time together. You can point out to them that they made a commitment to coming. If they do not improve, you should ask them to leave the Discipleship Group.

How do I encourage honesty & vulnerability?

The Bible teaches believers to “confess your sins to one another and pray for one another” (James 5:16). Discipleship Group is the ideal place to be honest about sin struggles so that we can find victory over them, but this doesn't come naturally to us.

The first step in encouraging honesty is to model it. You, as the leader, set the bar for vulnerability. Rarely will your group go beyond you in what they're willing to share. So, take the lead here.

Second, be sure you leave enough space for it. When there is only five minutes left in your meeting, no one will want to open the can of worms that comes with confessing sin.

Lastly, when people do confess sin, be sure you meet them with grace while encouraging repentance. The goal of confession isn't to ease our consciences but to help us turn from our sin. So encourage your group with the fact that they can be forgiven (1 John 1:9), and exhort them to turn from their sin (2 Corinthians 2:10).

What if I don't know how to handle something a member is struggling with?

If you create an atmosphere of trust and grace, you will find that your group members will begin to share some of the burdens of their heart.

Sometimes, these will be challenging situations. You'll face things like pornography, adultery, doubt, suicidal thoughts, addictions, and more. If a member shares a struggle that you don't feel equipped to handle, don't panic.

First, respond with compassion and a listening ear. Resist the urge to "solve" the problem on the spot. Remind them how the gospel speaks to their situation, and let them know you're there for them. Tell them you're going to think about the best way to help and that you'll follow up with them soon.

After the meeting, we recommend calling a pastor to talk about next steps. The pastor will help you put together a plan to care for that person or will recommend a pastoral meeting where they can begin working with the individual.

DISCIPLESHIP

GROUP APPENDIX



DISCIPLESHIP GROUP COVENANT

- 01** I will commit myself fully to God with the anticipation that I am entering a time of accelerated spiritual growth and transformation.
- 02** I will meet with my Discipleship Group for at least one hour every week or every other week (as set by my group), unless providentially hindered.
- 03** I will complete all assignments on a weekly basis before my Discipleship Group meeting, in order to contribute to the discussion.
- 04** 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.
- 05** I will pray every week for the other men/women who are on this discipleship journey with me.
- 06** I will begin praying about replicating the discipleship process upon completion of this group.

PARTICIPANT SIGNATURE

DATE:

LEADER SIGNATURE

DATE:

DISCIPLESHIP GROUP CHECKLIST

BEFORE YOU BEGIN

- Invite two to four people of the same gender to participate in your group
- *Select people who are faithful, available, and teachable*
- *Clearly communicate the expectations and time commitment of the group*
- *Select a regular meeting time and place that works for every member of the group*

AT YOUR FIRST MEETING

- Have everyone sign the Discipleship Group Covenant
- Spend some time getting to know one another's faith stories
- Determine which accountability questions you will ask one another each week
- Explain the reading plan your group will be using
- Explain how to write a H.E.A.R. journal entry
- Provide the list of Bible verses you will memorize together
- Explain that the expectation is that everyone in the group will lead their own Discipleship Group when this one ends

DISCIPLESHIP GROUP WEEKLY TASKS

- Read the assigned Bible readings
- Complete a H.E.A.R. journal for at least two readings each week
- Memorize the week's Bible verse
- Pray for your fellow group members

WEEKLY MEETINGS

- Spend a few minutes catching up and making small talk
- Pray for your time together
- Walk through the week's reading and discuss one of your journal entries with one another
- Recite the week's Bible verse for one another
- Ask each other accountability questions and provide care as needed
- Close in prayer

H.E.A.R. JOURNALING



“The H.E.A.R. (Highlight, Explain, Apply, Respond) 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.”
- from Growing Up by Robby Gallaty

HIGHLIGHT - WHAT DOES THE TEXT SAY?

As you work through the text, note any questions you have. After praying for the Holy Spirit’s guidance, this section will remind you to read with purpose. In the course of your reading, write down the verse(s) or the sentence(s) that stands out and speaks to you.

- Read the entire text for comprehension
- Read again or just go back and highlight some of the following:
 - Key words
 - Times, locations, and people
 - Repeated words, ideas, and phrases
 - Transition words (but, therefore, because, if/then....)
 - Lists
 - Contrasts and comparisons
 - Commands
 - Major themes such as,
 - Gospel truths, New self / identity, The Great Commission, The Great Commandments, The Church, Redemptive Promises, “Types” of Jesus
- Use the dictionary to look up key words, note appropriate meanings, and related words
- Consult different translations of Scripture
- Look up related cross-references

EXPLAIN – WHAT DOES THE TEXT MEAN?

As you work through the text, note any questions you have. After you have highlighted the passage, you can begin to work towards understanding the meaning of the text. Here are some questions to ask:

- Why was this written and to whom was it originally written?
- How does this text fit with the verses before and after it?
- What would the original hearers have thought?
- How does this text fit within the greater story of the Bible? (Creation-Fall-Redemption-Restoration)
- What is the Holy Spirit trying to communicate through this text?

When you are able to work through these questions, rewrite the text in your own words. If you find yourself stuck trying to explain the passage, don't worry, you're not alone. Consult reliable commentaries such as the CSB Study Bible.

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 with the text and wrestling with its meaning.

APPLY – HOW DOES THE TEXT IMPACT ME?

Application is the heart of the process. Everything culminates under this heading. As you have done before, ask a series of questions to uncover the significance of these verses to you personally, questions like:

- What does this passage tell me about who God is?
- What does this tell me about my sin and need for a Savior?
- How can this passage help me?
- How can these truths transform your life today?
 - Remember that all actions begin as thoughts and desires of the heart. How do these truths transform what you love, worship, and value most?
 - In turn, how will these renewed desires change the way you respond to God and others?
 - Are there practical things God is leading you to do differently as your heart changes?
 - Is the Holy Spirit bringing to mind specific people, circumstances, or conversations?

RESPOND – HOW WILL I RESPOND TO THE TEXT?

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 read.

Teach me, O LORD, the way of your statutes; and I will keep it to the end. Give me understanding, that I may keep your law and observe it with my whole heart. Lead me in the path of your commandments, for I delight in it. Incline my heart to your testimonies, and not to selfish gain! Turn my eyes from looking at worthless things; and give me life in your ways. Confirm to your servant your promise, that you may be feared. Turn away the reproach that I dread, for your rules are good. Behold, I long for your precepts; in your righteousness give me life!

Psalms 119:33-40

SAMPLE HEAR JOURNAL

Date: April 21, 2024

Read: Philippians 4:10-13

Title: The Secret of Contentment

H (Highlight)

Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.

E (Explain)

Paul shares with the Philippian church that he has discovered the secret to 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 difficulties.

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. I need to look to Jesus to give 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 must face.

ACCOUNTABILITY QUESTIONS

Below is a list of various accountability questions that you can use with your Discipleship Group. Pick out several questions that are a good fit for everyone in your group. Additionally, each member of the group should offer one or two questions that they want to be asked each week. These can be specific to their life situations and struggles. Whatever you decide, be sure you include a question regarding living on mission. All of our discipleship is pointless if we don't encourage one another to share Christ with a dying world.

- Have you spent daily time alone with God in prayer and in the Word this week?
- Have you shared the gospel, shared your testimony, or taken intentional steps toward that end by building a relationship with an unbeliever this week?
- Have you given quality time with your family priority this week?
- Have you loved/served your spouse this week?
- Have your thoughts been pure? Have you resisted lustful, envious thoughts or exposed yourself to inappropriate materials this week?
- Have you participated in any divisive behavior or attitudes that have caused relational strain or damage with anyone this week?
- Have your words built up or torn down others or yourself? Have you exposed yourself or contributed to gossip this week?
- Have you given in to any addictive behaviors this week?
- Have you taken care of your body through regular physical exercise and proper eating/sleeping habits this week?
- Have you lacked integrity in your financial dealings or generosity this week, or coveted something that does not belong to you this week?
- Have there been any lies you have been believing this week that have undermined the truths of the gospel?

RECOMMENDED RESOURCES

BIBLE READING PLAN

For Discipleship Groups, we would highly recommend Replicate Ministry's F260 Bible Reading Plan or Foundations New Testament Plan. These manageable plans highlight the foundational passages of Scripture that every disciple should know. These plans have you read one or two chapters a day for 5 days each week, with an allowance for weekends off. It also gives suggested Scripture memorization that goes along with the weekly Scripture.

Get the F260 Bible Reading Plan here: <https://tinyurl.com/yy2mtzp4>

Get the New Testament Plan Here: <https://tinyurl.com/ycya8jh5>

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- Replicate by Robby Gallaty & Chris Swain
- Disciple Her by Kandi Gallaty
- The Master Plan of Evangelism by Robert Coleman
- Fight Clubs by Jonathan Dodson

BIBLE STUDY TOOLS

- The ESV Study Bible
- The CSB Study Bible
- Dwell (iPhone | Android)

SCRIPTURE MEMORY

- Verses (iPhone | Android)
- Fighter Verses (iPhone | Android)
- An Approach to Extended Memorization of Scripture by Andy Davis

PRAYER

- Praying the Bible by Donald Whitney
- Prayer by Tim Keller
- Echo (iPhone | Android)

CARE/ACCOUNTABILITY

- Side by Side by Ed Welch
- How People Change by Timothy Lane & Paul Tripp
- **Covenant Eyes** (Computer Device Software)