

Micro-Group Discipleship Tool

What is this tool?

This is a tool to a simple way to frame small group conversations that feed one another, challenge one another, and encourage one another to grow spiritually mature by asking the same three questions routinely, and praying for one another.

How to use this tool:

Format: Plan for 60-90 minutes. works best with 5 or fewer people.

Flow: Have each person share and answer each consecutively (or take turns). Ask follow-up questions that will help grow understanding, build connections, and provide encouragement. Pray for them individually after they share.

Prep: The expectation is that each person is going to be reading the Bible, a devotional, a book, articles, listening to podcasts/sermons, watching movies, or doing activities that will feed their soul. You could decide to read the same book of the bible, listen to something similar, or just do your own thing and share the fruit with each other.

The 3 Questions:

1. What is *feeding* your soul and mind?

- Hebrews 5:13-14 - Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.
- Romans 12:2 - Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

2. Who are you *feeding*?

- Matthew 14:16 - Jesus replied, "They do not need to go away. You give them something to eat."
- Luke 3:11 - And he answered them, "Whoever has two tunics is to share with him who has none, and whoever has food is to do likewise."

3. How are you *feeding* your flesh?

- 1 John 2:15-16 - Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.
- Matthew 26:41 "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."