
D-GROUP

how to guide

GETTING STARTED

At Mercyview, D-Groups are groups of 2-3 members of the same gender who meet frequently to pursue holiness through studying Scripture, confessing sin, believing the Gospel, and praying together.

The number one goal of D-Groups is the pursuit of holiness together. These groups serve believers and the church through encouragement, accountability, and spiritual growth. The Bible teaches that without holiness, no will see the Lord (Hebrews 12:14); pursuing holiness is a biblical command. A definition of holiness is probably helpful for us here - because we don't want you to come away with the idea that D-Groups are really only for people struggling with a specific besetting sin; pursuing holiness does not merely mean combating sin in our lives.

In Scripture, to be holy means - primarily - to be "*set apart*." We believe that God has made us holy in Christ. We are set apart for him in the world, and part of how we live that out is through seeking to look more like him. We are always being formed or deformed, and D-Groups are a way to fight for spiritual formation into the image of Christ and not the image of the world. We want to fight sin and we also want to push back on the way everyday things in our culture tend to spiritually deform us as well.

It is our contention that without the support and mutual encouragement that healthy D-Groups provide, many Christians will struggle to obey the command of Scripture to be holy. Here are a few ways you could structure your D-Group to see spiritual growth together.

You can read more about our heart and rationale for D-Groups in our D-Group Primer.



D-GROUP MEETING

What should it look like when your D-Group meets each week? If the point of a D-Group is to help form you into the image of Christ with other believers, then we need to be sure to structure our time together around activities that will move us toward that end goal. We believe that happens when we regularly: read and discuss God's Word, confess sin, and pray for one another.

Below is an example group meeting, followed by a section with tools and ideas for reading scripture, praying, walking with one another in accountability (for life, not just for some overt sin), and some additional suggestions for seasons when walking through good extra-biblical resources.

Sample Group Meeting:

1. Hear & Obey (15-20 min)

During the week, commit to read from a Bible reading plan. Come prepared to share what you learned in your study of Scripture. Each person will share what he or she has heard from God in the word. Then share specifically how you can obey what you have learned from the Bible in the coming week. There are resources to aid you in studying Scripture below.

2. Repent & Believe (20-30 min)

Each person spends time confessing their sin and believing the gospel. Share with one another how you have sinned against God this past week. Be specific, and also share your heart motivations behind the sin. After sin has been confessed, spend time speaking out loud to yourself and to one another the good news of Jesus' work for us. Hearing the gospel spoken helps us to remember and believe the gospel is good news for us! (look at page [___](#)) for some helpful questions to ask yourself/one another.

3. Pray for Each Other (15-20 min)

Spend time discussing and praying for the struggles that you discussed during the Repentance and Belief section. Pray applicable scripture and encouragements over each other. Pray for and think of specific gospel applications that can be made in each other's lives. Be intentional about listening for the Holy Spirit to speak truth and encouragement to group members through your prayers.



STUDY SCRIPTURE.

We read in 2 Timothy 3:16-17 that, *"All Scripture is breathed out by God and profitable for teaching, reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work."* If that is true, then the most important tool for spiritual formation that we have at our disposal is the word of God. When we gather for D-Group, we have the opportunity to read the very words of God together and to see our lives transformed. Scripture teaches, shows us where we need to change, it corrects us, it trains us to be holy, so that we look more like Jesus - which is our goal!

How to Study Scripture in D-Group

There are several methods for studying Scripture that you can implement in your D-Group. Here are a few examples. You can [read more about each method here](#).

1. The S.O.A.P. Method

S.O.A.P. stands for *Scripture, Observation, Application, and Prayer*. Write down the passage of Scripture you are studying on your own, make observations about the text, list out some ways you could apply this text in your life, and pray about it together. When you gather with your D-Group you can look over your S.O.A.P. notes in the time together and discuss it.

2. Study a Book of the Bible

In conjunction with the S.O.A.P. method, you can also choose to read a book of the bible together as a group. Each week when you meet you can read a portion of the book, make observations, talk about application, and pray through the text together.

3. Study a Theological Topic or Theme

You can also pick a theological topic or theme (justification, sanctification, etc) and study passages related to that theme when you meet together.



PRAY TOGETHER.

There are times, and even seasons, where what the Lord wants to use to help us grow spiritually is prayer. Your group may benefit from once a month or even more frequently praying as the totality of your meeting together. Here are a few ways to facilitate prayer as a group.

How to Pray Together in D-Group

Below are a few examples of way you can pray as a D-Group.

1. Pray for One Another

As you meet together, set aside time to pray for one another. This doesn't have to be for any specific needs, but praying for your D-Group members generally. Pray for their walk with the Lord. Pray for the way they interact with their spouse, thier kids, thier coworkers, etc. Ask the Lord to produce ongoing spiritual fruit in their lives.

2. Pray the Psalms

One of the best ways to pray is to pray through the Psalms. In the Psalms we have the Word of God putting all the struggle of human experience on display, and again and again see the Psalmist cry out to God. There are Psalms of praise, of lament, that cry for justice, for confessing sin, etc.

3. Pray for Specific Needs

We all experience the difficulties of life in a fallen world, and one of the greatest encouragements we are given is the opportunity to take our cares and worries to the Lord with other believers who know and care for us. Your D-Group has the opportunity to shoulder one another's burdens as you pray for each other's needs.

4. Pray for the Lost

If we are to be a people living on mission in our city, what better way to begin or grow in our missional living than by praying for unbeliever in our city. Pray for friends and coworkers, for neighbors and acquaintances. They they would come to know the Lord, and you would perhaps be given the opportunity to share Christ with them!



READ A BOOK TOGETHER.

You may find that from time to time it is helpful to read a book other than the bible together. Not just any book - this isn't a book club - but one that will point you toward Jesus, renew your affection for Christ, and drive you toward walking in deeper holiness than before. This shouldn't be the primary way your D-Group meets together - because there is no substitute for the role of Scripture in cultivating and pursuing holiness.

How to Select a Book to Read

Not all books are created equal - and that goes for Christian books and resources as well. If a D-Group chooses to use an extrabiblical resource for a season, there are several things they should consider in their selection process.

1. Is the author a Christian?

Maybe this seems obvious to you, but if we should seek to use resources for spiritual formation that is going to form us in the image of Christ. That requires us to use resources written by believers.

2. Is the book theologically sound?

Does the book or the author espouse any doctrines that would be contrary to historic Christian beliefs? Do they view Scripture as the final authority for faith and practice?

3. Choose a book that will point you to trust Jesus and hope in the gospel.

At the end of the day this is our goal. We want to choose a book that is honest about our condition, that knows the only source of hope and life is found in the finished work of Christ, and is going to spur us on toward walking in that reality through continued faith and obedience.

You can find a list of books and authors that we have found helpful and would wholeheartedly recommend here!



HELPFUL QUESTIONS

Accountability/Heart Questions

These questions are a starting point for your D-Group. Develop your own over time!

- How has your anger or fear or anxiety or addiction shown up this week?
- How does that reveal what you're trusting in besides God?
- How have you wasted time?
- How have you felt yourself resisting obeying God this week: in your mission to the lost? In your sacrificial love for community?
- In light of God's love toward you, do you need to reconcile with somebody? Are you subconsciously holding a grudge?
- How have you battled sexual or intimacy temptation and how are you preparing to deal with it next week?
- How has the Holy Spirit been testing and growing you this week? Did you respond in faith or grumbling?
- Is anything (school, work, technology, etc.) isolating you from important relationships?

Six Bible Study Questions

Read the passage. Upon completion, answer the following questions as they relate to the text.

1. How does this passage help me adore God?
2. How does it lead me to see and hate my sin?
3. How does it lead me to ask for grace?
4. How is Jesus the best example of this attribute?
5. How is Jesus the ultimate solution to the sin that I am confessing?
6. How is Jesus the ultimate source for the grace I need?

A background image showing several hands holding and looking at papers, suggesting a collaborative or research environment. The image is dimmed with a dark brown overlay.

**LOOKING FOR A
D-GROUP?**

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