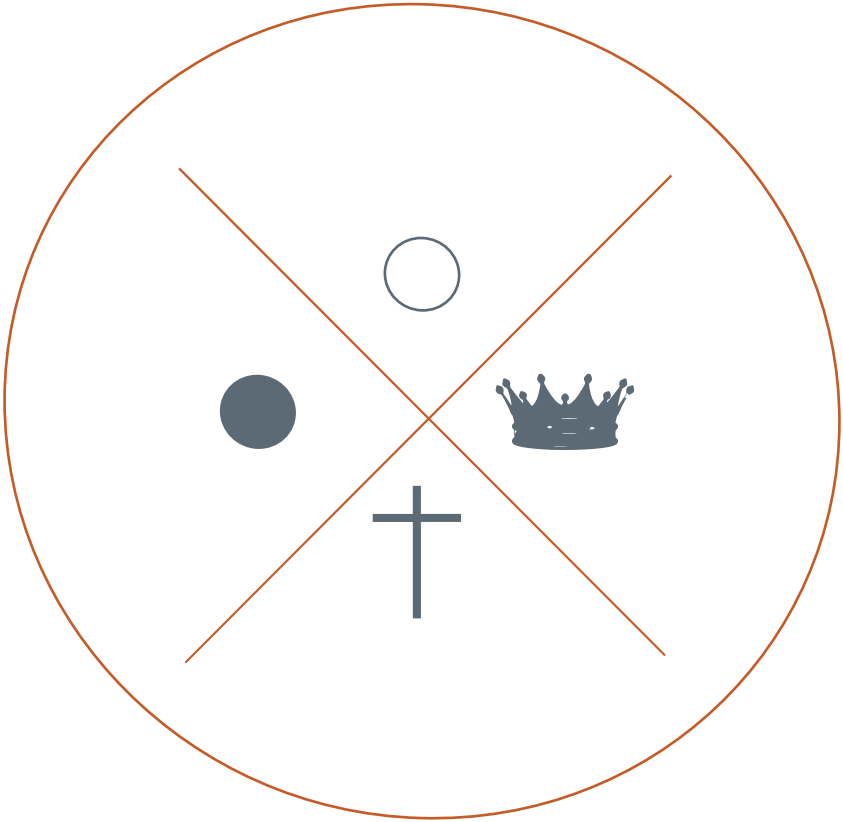




NEW BEGINNINGS



RESTORE GROUP

STARTER GUIDE

AT NEW BEGINNINGS, WE WANT TO
UNLEASH A MOVEMENT OF
RELENTLESS, SPIRIT-LED
DISCIPLE MAKERS
WHO WALK IN SUPERNATURAL POWER.

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RESTORE GROUP

STARTER GUIDE

HOW TO USE THIS GUIDE

You are about to begin a journey of intentional and accelerated spiritual growth. You will be able to engage with Scripture and the Holy Spirit in a way you have never experienced before. As the Spirit moves and changes us, we will sense a desire to invite others to experience the same thing in their lives.

The Restore Group Starter Guide is designed to interactively introduce each aspect of the group rhythms so that your group can get off to a strong start. We encourage each member of the group to use this starter guide through the first few weeks in order to start off on the right track.

THIS RESOURCE WILL HELP YOUR GROUP HAVE THREE IMPORTANT CONVERSATIONS:

- During your first meeting, it is important that clear expectations are set. Work through the simple exercises provided in this guide to help your group get off to a strong start!
- In the second week, your group will begin developing a rhythm of the five disciplines, journaling with the H.E.A.R. Method, and understanding the importance of Scripture memory.
- There are three objectives in week three. You will continue your normal rhythms of discipline while also introducing accountability questions. Lastly, your group will go through how to pray for one another.

LEADER PREPARATION

At the beginning of each section, there is a page specifically designed to help leaders prepare for the discussion. It is not necessary for members to complete these tasks.

RESTORE GROUP COVENANT

DURING THE DURATION OF THIS GROUP...

- I will give myself fully to the Lord as I anticipate a season of accelerated spiritual transformation.
- I will participate in all of the Restore Group Rhythms.
- As a disciple of Jesus and a member of Restore Group, I will develop a Corporate Prayer Rhythm and make it a priority.
- I will commit to this group and consider how I may best spur others on in their relationship with Jesus.
- I will meet weekly with my Restore Group (60-90 minutes). When unable, I will stay engaged by sharing H.E.A.R. Journal entries and prayer requests.
- I will commit to the five daily and weekly disciplines: Scripture memory, prayer, Bible reading, accountability, and relational investment.
- I will contribute to an atmosphere of confidentiality, honesty, and transparency for the edification of others as well as my own spiritual growth.
- I will pray every week for the other members of my Restore Group and those in my life who don't know Jesus.
- **I will pray and look for others in my life who I can invite into a new Restore Group when my current group decides to multiply.**

Disciple: _____

Disciple-Maker: _____

Date: _____

RESTORE GROUP TIMELINE

WEEKS 1-10

Restore Group Starter Guide: Weeks 1-3

Daily & Weekly Rhythms: Bible reading, H.E.A.R. Journal, Scripture memory, accountability, prayer

WEEKS 11-13

Daily & Weekly Rhythms

Prayer: Video message and practice

Prayer Challenge: Attend The Prayer as a Restore Group for three consecutive weeks

WEEKS 14-19

Daily & Weekly Rhythms: Bible reading, H.E.A.R. Journal, Scripture memory, accountability, prayer

WEEKS 20-22

Daily & Weekly Rhythms

Evangelism | Video-driven lessons: 3 Circles, practice with group, Challenge

WEEKS 23-32

Daily & Weekly Rhythms

- My Calling
- Kingdom Circle

RESTORE GROUP TIMELINE

In Restore Group, we must prioritize the five disciplines listed under "Daily & Weekly Rhythms." In addition, we want all people in Restore Groups to grow in their spiritual maturity by completing four items: one challenge and three trainings.

Importance of each item...

Corporate Prayer Rhythm: We are commanded in scripture to gather as a church to pray.

Evangelism Training: All believers should learn how to share the Gospel with unbelievers. This training will equip us to do so.

My Calling: Through this workshop, we will help you discover your unique calling so you can begin to make disciples in a way that only you can.



NOTES



NOTES

GETTING STARTED

WEEK 1

Welcome to week one of Restore 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!

GETTING TO KNOW ONE ANOTHER

Below is 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 one to two and designate half your meeting time to discussing them.

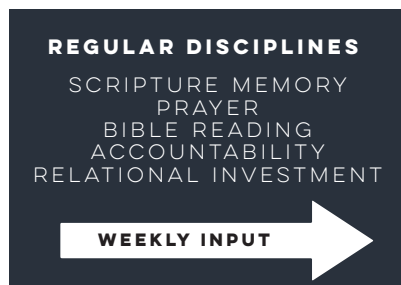
- Share your testimony in seven minutes or less.
- What are you looking forward to the most in this group?
- Tell us about your family, work, and personal hobbies.
- What is one thing that you are excited or intrigued by right now?

LEADER NOTE

You may choose to split this session into two meetings. The first meeting can be fully spent in the "Get To Know One Another" section and the second meeting in the "Set Expectations" section.

SET EXPECTATIONS

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



WHAT WILL WE DO?

"Have nothing to do with godless myths and old wives tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promises for both the present life and the life to come." - 1 Timothy 4:7-8

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.

These disciplines are NOT meant to be come a legalistic checklist. If that's all they become, we are wasting our time and missing the point! These disciplines are intended to draw us closer to the Lord, help us to hear His voice, and experience His presence on a daily basis.

FIVE WEEKLY DISCIPLINES:

1. SCRIPTURE MEMORY
2. PRAYER
3. BIBLE READING
4. ACCOUNTABILITY
5. RELATIONAL INVESTMENT

Which of the five weekly disciplines are you currently doing well?
Which do you need to grow in the most?

WHAT WILL GOD DO?

"For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart." - Hebrews 4:12

This verse 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 His Word. We want to be people connecting people to Jesus and His ever-restoring life where we live, work, and play.

WHAT WILL HAPPEN?

What does the ever-restoring life of Jesus look like? Here are five measures we use to become fully devoted disciples of Jesus. This is not just about who we are at church, but how we live our everyday lives for God's glory.

EYES UP

We want to do everything with a Kingdom mindset, focused on how we use our unique Kingdom platforms for God's glory. We must see the world and our culture from a Kingdom perspective and live as Kingdom citizens.

KNEES DOWN

We want to be sensitive to the Holy Spirit as we prioritize corporate and individual prayer, recognizing the value and necessity of both. We must be spiritually dependent people who live with a "knees down" posture.

BIBLE OPEN

We want to be biblically literate and informed as we engage culture, always prepared and eager to share what God is teaching us through consistency in the Word. We must be in the Word for the Word to get into us!

PLUGGED IN

We prioritize being plugged into an authentic community of believers. We are called to encourage and challenge one another as we pursue the mission that God has entrusted to us. We value connection time.

SENT OUT

We define success not by how many people are coming to the church, but by how many people are *leaving as* the church. Our desire is that every disciple would live "sent out" on mission where they live, work, and play.

DREAM DISCIPLE ASSESSMENT

As disciples, our goal is to be transformed more and more into the image of Jesus. The Dream Disciple Assessment was created to help you take an honest look at your life and see where you are excelling spiritually or where you may have areas that need improvement.

Scan the QR code or visit nbbctx.org/restoregroups and click "Dream Disciple." Take the digital assessment to receive an email with practical, personalized steps to grow!



After taking the assessment, write your average scores for each measure on the lines below.

Eyes Up

Knees Down

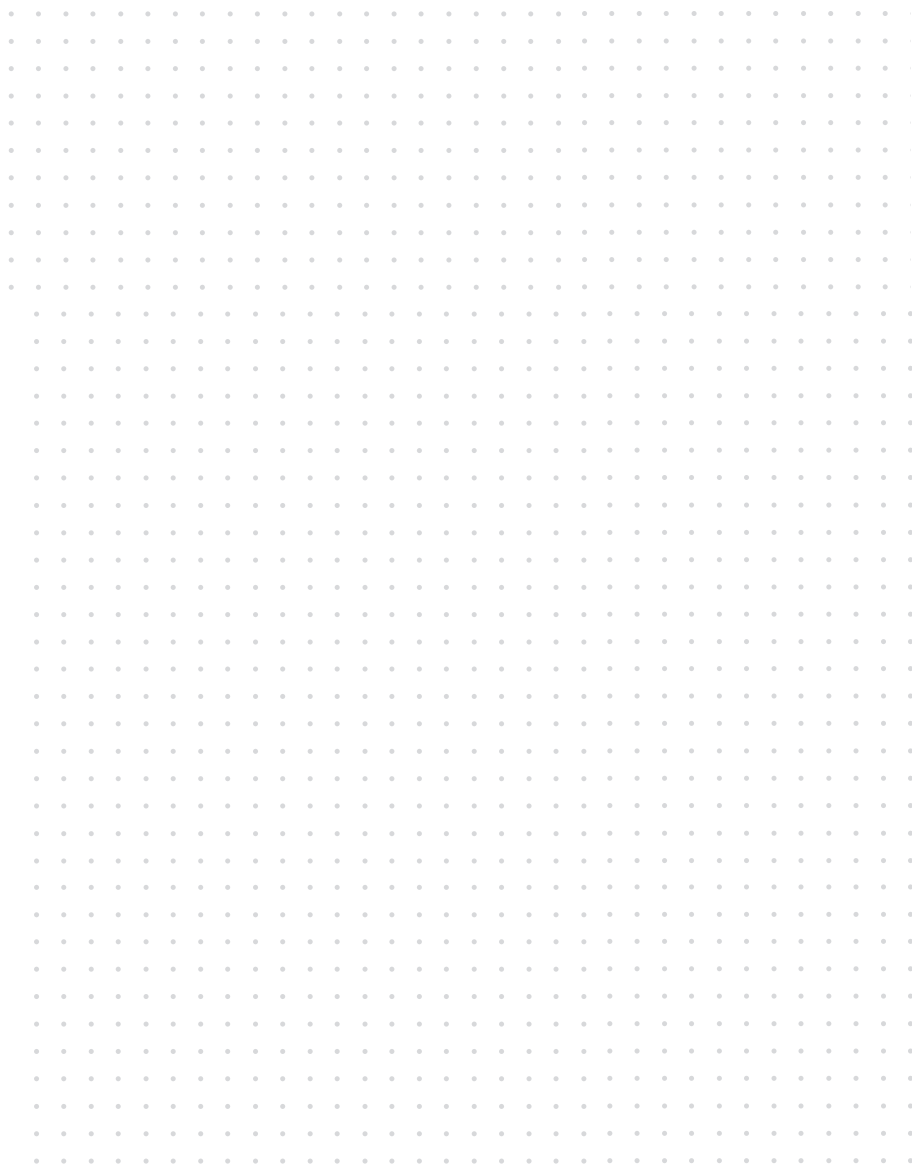
Bible Open

Plugged In

Sent Out

1. Which of your measures scored the highest?
2. Which of your measures scored the lowest?
3. Remember: it's not about doing, it's about becoming! We want to be disciples who follow Jesus and start to look more like Him.

NOTES



WEEK 2

LEADER PREPARATION

NOTES



PODCAST

RESTORE GROUP STARTER GUIDE WEEK 2



SCAN TO LISTEN

NOTES

A large grid of small dots for taking notes, consisting of 20 rows and 40 columns.

H.E.A.R JOURNALS & SCRIPTURE MEMORY

WEEK 2

Over the next two weeks, your group will be introduced to each element of a normal Restore Group meeting. Once all elements are introduced, you will follow a simple rhythm through the five weekly disciplines. Below is an example of a normal Restore Group meeting. The pace and content of the conversation is set by the discernment of the leader. The times will vary depending on the amount of people and the personalities of the people in the group. Today, we will introduce H.E.A.R. Journals and Scripture memory. Spend the entirety of your time reading and discussing pages 16-20.

NORMAL RESTORE 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 their “high and low” of the week.

SCRIPTURE MEMORY (5-10 MINUTES)

After everyone quotes the week’s memory verse, ask, “As you meditated on this verse, what stood out to you?” We want to store God’s Word in our hearts, not just be able to recite it.

BIBLE READING & H.E.A.R. JOURNAL (25-35 MINUTES)

As you share H.E.A.R. Journals, a great question to ask is, “Which of your H.E.A.R. Journals stood out the most to you this week and what are you doing about it?”

ACCOUNTABILITY (10-25 MINUTES)

In addition to our H.E.A.R. Journal question, we always ask, “How have you prayed for and pursued the person you are trying to connect to Jesus this week?” Additionally, we will discuss a question from the Accountability Questions on page 24.

PRAYER (10 MINUTES)

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. 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 entry and discuss what we have heard from God's Word. There is not a set amount of H.E.A.R. Journals that you must share each week, but the goal with this discipline, like the others, is to improve as time goes on. Consider how often you currently journal and do "+1" of that. If you have never journaled, try to do a couple a week. If you journal occasionally, try to do three times 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 page 18. As you read through your reading plan this week, create a H.E.A.R. Journal by using these four guidelines:

- **H (HIGHLIGHT):** Highlight or underline words or phrases that stick out most to you
- **E (EXPLAIN):** In your own words, write what happened and why it was significant.
- **A (APPLY):** Determine how this passage connects to your life.
- **R (RESPOND):** Pray through practical steps to allow this passage to transform your life.

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

APPLICATION QUESTIONS FOR EXAMINING A TEXT

A helpful framework to use when trying to discern what application you should take from a text is S.P.E.C.K. It is not necessary to write this out in every application section. Simply use this to help structure your thought process in reading and journaling.

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 that I need to reflect on?

Note: Application is key to the transformation of a believer. If we read the Bible to simply know more ABOUT God, we are only collecting information. Jesus seeks to transform us, not just educate us.

The application section should be longer than your explanation section. We are not just studying the Word of God for information; we are hoping to hear from God in a way that transforms us. We MUST be doers of the Word and not hearers only. Also, be careful not to use the pronouns you, they, their. This is about applying what God has taught you in YOUR personal life. Use the pronouns I, me, my.

SAMPLE H.E.A.R. JOURNAL

PASSAGE: PHILIPPIANS 4

DATE: JANUARY 10, 2022

TITLE: SECRET OF CONTENTMENT

H(HIGHLIGHT)- 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.

THIS VERSE IS SAYING THAT ANYTHING OF VALUE IS

ACCOMPLISHED BY CHRIST. HE STRENGTHENS US AND

IS WORTHY OF OUR TRUST IN TIMES OF NEED.

A(APPLY)-

I HAVE BEEN SELF-RELIANT WHEN IT COMES

TO WORK OR RELATIONSHIP CHALLENGES,

SAMPLE H.E.A.R. JOURNAL

RATHER THAN TRUSTING IN GOD. GOD WILL
STRENGTHEN HIS CHILDREN. I NEED TO HAVE
THE FAITH THAT PAUL DOES IN THIS VERSE. HE
BELIEVES THAT GOD WILL EQUIP HIM FOR WHATEVER
HIS CALLING.

GOD IS THE SOURCE OF POWER BY WHICH I CAN
FOLLOW CHRIST. I NEED TO WALK IN OBEDIENCE AND
DEPENDENCY ON

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 benefit for the believer. The purpose of memorizing Scripture is to store God's Word in our hearts (Psalm 119:11). For this reason, we do not want to only memorize verses, but also meditate on these verses. Once everyone recites the verse(s), the group will discuss what stood out to them.

The more aligned the group is in this discipline, the more beneficial it will be. New Beginnings will provide a reading plan which you can scan the QR code at the back of this guide to access. It will be helpful for everyone to read and 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. Lastly, we will periodically review verses that we have done in the past.

- What experience do you have with Scripture memory?
- How could you see Scripture memory being beneficial in your life?
- What verses will we commit to and what translation will we use?
- How can we be intentional about reviewing verses so that we don't forget them?

THIS WEEK

After choosing the memorization plan you will use, begin with the first verse this week. Keep working through your reading plan and completing a H.E.A.R. Journal. Challenge your group to learn and memorize the new verse each week, but also know the previous weeks'. Each week builds on the next. Try to memorize and know five weeks/verses at a time.

LEADER PREPARATION FOR WEEK 3

NOTES



PODCAST

RESTORE GROUP STARTER GUIDE WEEK 3



SCAN TO LISTEN

NOTES

A large area for taking notes, consisting of a grid of small dots.

ACCOUNTABILITY & PRAYER

WEEK 3

As we continue to introduce elements of the Restore Group meeting, today we will focus on accountability and prayer. For today's meeting, read and discuss pages 22-23. Below is an example of a Restore Group meeting flow. This is a helpful reminder of how what you learn today will be implemented in the future weeks.

NORMAL RESTORE 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 their "high and low" of the week.

SCRIPTURE MEMORY (5-10 MINUTES)

After everyone quotes the week's memory verse, ask, "As you meditated on this verse, what stood out to you?" We want to store God's Word in our hearts, not just be able to recite it.

BIBLE READING & H.E.A.R. JOURNAL (25-35 MINUTES)

As you share H.E.A.R. Journals, a great question to ask is, "Which of your H.E.A.R. Journals stood out the most to you this week and what are you doing about it?"

ACCOUNTABILITY (10-25 MINUTES)

In addition to our H.E.A.R. Journal question, we always ask, "How have you prayed for and pursued the person you are trying to connect to Jesus this week?" Additionally, we will discuss a question from the Accountability Questions on page 24.

PRAYER (10 MINUTES)

Finish the time by having each person share something specific and personal that the group can pray for.

WHO ARE YOU CONNECTING TO JESUS?

Every believer is called to connect people to Jesus where they live, work, and play. We want every believer to identify someone in their life who is far from Jesus and prayerfully pursue that person with the hope of the Gospel.

Once you identify who this person is, commit to three things:

PRAY We will pray daily for these names. 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).

SEEK We will intentionally seek the people that we have identified as being far from Jesus. Look for opportunities to build a relationship with them in order to share your story and connect them to Jesus. (1 Cor. 9:19-23).

INVITE As we pray and seek, we invite them to the next right thing. Our hope is that we would be able to share our faith and invite them to enter into a personal relationship with Christ. Not everyone will be ready to take that step as quickly as we would like to see. In these cases, invite them to join one of our communities before they believe. This could be a life group hang-out night, outreach event, or Sunday worship service.

During accountability time in your Restore Group each week, be sure to ask how everyone has been praying, seeking, and inviting those in their lives who are far from Jesus. It will be so exciting to see these people surrender their life to Jesus and eventually join a Restore Group.

Take a moment to identify someone in your life who is either disconnected entirely from Christ or is disconnected from the local church. This should be someone in your sphere of influence. Consider family, friends, neighbors, coworkers, classmates, etc. Write their names down once you have identified them and share some of that person's story with the group.

ACCOUNTABILITY QUESTIONS

CORE QUESTIONS

Each week, we ask these questions:

- Which of your H.E.A.R. Journal entries stood out the most to you this week? How are you applying and living this out?
- How have you been praying for and pursuing the person you are trying to connect to Jesus?
- Have you shared the gospel with anyone else this week?

ADDITIONAL QUESTIONS

With the additional time that you have in the group, choose from these questions that will allow members to share more about their life:

- 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 viewed anything immoral this week?
- Have you had any lustful thoughts or tempting attitudes this week?
- Have you told any lies or half-truths to put yourself in a positive light before others?
- Have you damaged another person by your words, either behind their back or face-to-face?
- Have you participated in anything unethical this week?
- Have you been completely honest with your answers today?

LEADER NOTE

One suggestion is to ask each person, “Which question grabs your attention the most and why?”

WEEKLY REST

Let's be honest. Whenever someone asks how we're doing, the default answer is usually, "Good, I'm just busy!" We live in a day and age where everyone is busy, running on empty most of the time. We are spread thin with very little margin in our lives. It is no wonder we are the most anxious and medicated society on the planet! As Pastor Robby Gallaty says, "Our role has outpaced our soul." If you think about it, you have too many outlets but few inlets. This pace is not sustainable! But, what if there was a different way?

We have some good news...there is! It's nothing new, and not our original idea, but actually God's idea! It's called a "sabbath," or a day of rest. Sabbath literally means "to stop," to rest and delight in God. A sabbath is about taking time to simply be with God without all the distractions and interruptions. This is very difficult in our day and age, but it is vital to our spiritual growth. Most people will not be able to devote an entire 24 hour period to the Lord, so start small with something attainable. Remember, the goal is not legalism. Start with one or two hours the first week. If the following week you're able to progress and spend four hours of alone time with the Lord, free from distractions, social media, computers, cell phones, or work, you have won!

Ultimately, the aim or practice of a sabbath is not to get something from God, but simply to spend time in His presence. Think of the sabbath as a bank account that has been depleted by too many withdrawals all week. Allow the Lord to deposit his peace, presence, and sustenance back into your spiritual account.

WEEKLY REST

Listen to this invitation from Jesus himself, found in Matthew 11:28-29.
"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls."

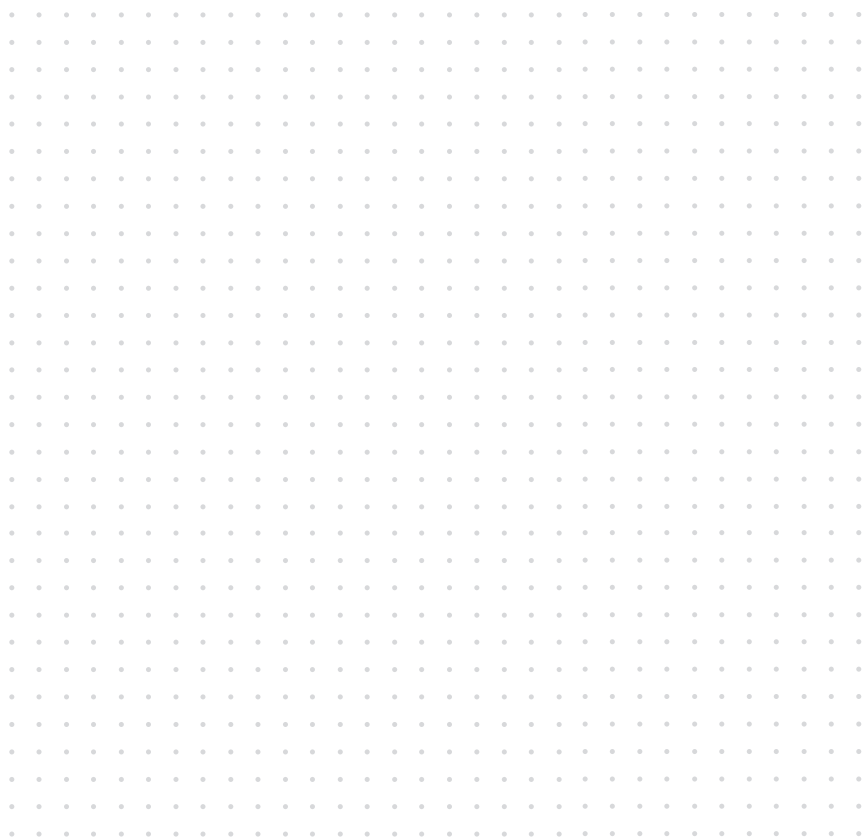
Each week in your Restore Journal, you will find a page set aside to journal through your sabbath. You can use the acronym R.E.S.T to guide your time with the Lord.

R (RETREAT): Get away for time with God in silence and solitude.

E (ENJOY): Spend time enjoying God. The goal of the sabbath, according to rabbis, is to delight in God.

S (STOP): Sabbath means to stop or cease. By detaching from what we normally engage in, we are reminded that God is God and we are not. You may think that you can't stop or break away from work for an extended period of time, but God will honor your rest. He was in control before you came on the scene, and will be in control long after you're gone.

T (TALK): Devote time to talking with God, but do not speak the entire time. Sit and listen to God. Sitting and waiting on the Lord can teach us things in ways that words can't. Sit in God's presence with no agenda! Notice His creation. Enjoy His company. Delight in Him and worship Him!



NEW BEGINNINGS READING PLAN

SCAN THE QR CODE TO DOWNLOAD
THE NB READING PLAN





NEW BEGINNINGS