

DISCIPLESHIP

groups

A 40-Week Discipleship Experience
Making Disciples & Disciple Makers

DARRYL SMITH || BYRON SMITH || CRICKETT MOREE

Written and Produced for Huntington First Baptist Church

INTRODUCTION TO D-GROUPS

So what is a D-Group? Why is it necessary? And what does it do? The “D” in D-Group stands for “discipleship,” so the simple answer is that a D-Group is a Discipleship Group. If we look at the big picture, Jesus commissioned the church to make disciples (Matthew 28:19-20). That is why the church exists. The question for the church today is, “How do we make disciples?”

Robby Gallaty defines discipleship as “intentionally equipping believers with the Word of God through accountable relationships empowered by the Holy Spirit in order to replicate faithful followers of Christ.”¹ D-Groups are designed to do just that.

First, D-Groups intentionally equip believers. D-Groups have a set training program that is very purposeful. Discipleship is not left to chance. Many times in the church today we do a number of things and hope the end result is disciples being made. D-Groups are an intensive, focused, 40-week program to grow disciples. D-Groups are made up of believers who are willing to be accountable, faithful and teachable.

Secondly, D-Groups focus on the Bible, however a D-Group is not a Life Group or a Bible Study group. D-Groups are in addition to our church’s worship times and Life Group times. Specifically, D-Groups develop the daily discipline of being in God’s word and allowing God to speak to you individually. Our D-Groups have a curriculum of 200 key Scripture passages in the Bible. Each week members will have five Scripture passages to read and one verse to memorize. A daily journal is provided within this book for members to write down their daily time in God’s word.

Thirdly, D-Groups are characterized by accountable relationships. The D-Groups are kept to between 3-5 men or women so that the interaction may be as personal and confidential as possible. D-Groups are designed so that members share their journey of growth together. Accountability within the group is necessary to facilitate that growth. Members are held accountable to their daily time in the Scriptures, to memorization of the verse of the week, to prayer and to evangelism. D-Groups meet once a week for an hour to an hour and a half at a place and time that is convenient to its members.

Fourthly, D-Groups depend upon the Holy Spirit to do His work of transformation in the members’ lives. Prayer is a central part of D-Groups, as members open their lives to the activity of God.

Lastly, multiplication is the goal of the D-Groups in that after the prescribed time of meeting together members will then replicate the process with a group of their own. Discipleship is not complete until members are making disciples who are making disciples.

¹Robby Gallaty. *Growing Up: How To Be A Disciple Who Makes Disciples.*

WEEK 1

Welcome to your D-Group! This is the first of 40 weekly gatherings for your D-Group. The goal this week is to cover the Introduction & Disciple Making Covenant.

This week we will also talk about the expected method to read the daily Bible Passages. For now, we won't go into much detail, but each week there are 5 daily Bible readings. These readings are meant to be used as devotionals each morning or evening. Each group member will read the verses, answer the questions and seek to hear from God about what the passage means and how it applies to their life. Those verses will be the center point of discussion in the weekly meeting.

The verses that are in "Week 2" are the verses that will be covered at the 2nd Meeting. Each week will have a variety of narrative passages starting with Genesis and ending with Revelation. Each week will also have readings from the Wisdom books and Theology books so that there is a variety from throughout Scripture.

Each weekly meeting will also have a "Discipleship Essential" article that will be discussed. These articles are meant to be a topical approach to the essentials of being a disciple and disciple maker. These articles cover topics that may not be otherwise addressed outright in the daily readings or might not come up in natural conversation each week. We believe these are essential topics for disciples to understand and put into practice.

More than anything, these D-Groups should be a place where there is discussion of who God is, who God has made us to be, and how we are living out our faith in God. They are a safe place for community, vulnerability, prayer and confession. These group members are your brothers or sisters in the faith. Lean on them when you need it. Hold them up when they need it. Use this group to strengthen your walk with God, so that you can go and do the same for others!

Here is an outline for how each weekly meeting should look.

Normal Weekly Meeting

- Catch Up
 - Hear about each other's week and personal lives.
- Discuss Scriptures & H.E.A.R. Journals
 - Spend time talking about what God taught you and how it applies to your life.
- Discuss "Discipleship Essentials" Article
 - Read the article together and talk about what you learned.
- Accountability Questions
 - Be honest with each other about points of accountability.
- Prayer
 - Have each person pray specifically for each other in the group and other prayer requests.

DISCIPLESHIP ESSENTIALS: DISCIPLE MAKING COVENANT²

I will commit to the following expectations:

1. I pledge myself fully to the Lord with the anticipation that I am entering a time of accelerated spiritual transformation.
2. I will meet with my D-Group for approximately one and one-half hours every week, unless providentially hindered.
3. I will complete all assignments on a weekly basis before my D-Group meeting, in order to contribute to the discussion.
4. 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.
5. I will pray every week for the other men/women who are on the discipleship journey with me.
6. I will begin praying about replicating the discipleship process upon completion of this group.

Signed (Mentee): _____

Signed (Mentor): _____

Date: _____

² This Disciple Making covenant has been adapted from the book *Growing Up* by Robby Gallaty.

WEEK 2**DAY 1 – GENESIS 1:1 – 2:25 – CREATION**HIGHLIGHT

Write down one or two verses from the above passage that stand out or speak to you.

EXPLAIN

Explain what those verses mean. *Why was this written? To whom was it originally written? How does it fit with the verses before and after it? Why did the Holy Spirit include this passage in the book? What is He intending to communicate through this text?* Write a short summary of what these verses mean.

APPLY

Now apply these verses to your life. *How can this help me? What does this mean today? How does this verse apply in my life right now? What does this mean to me? What is God saying to me?*

RESPOND

What is your response to these verses? It could be a call to action, how you will be different, a prayer of thanks to God, or a written record of what you will do in response to these verses. Write that here.

MEMORY VERSE FOR THE WEEK – JEREMIAH 33:3

Write out the memory verse in this space each day this week

DAY 2 – GENESIS 3:1-24 – THE FALL**HIGHLIGHT**

Write down one or two verses from the above passage that stand out or speak to you.

EXPLAIN

Explain what those verses mean. *Why was this written? To whom was it originally written? How does it fit with the verses before and after it? Why did the Holy Spirit include this passage in the book? What is He intending to communicate through this text?* Write a short summary of what these verses mean.

APPLY

Now apply these verses to your life. *How can this help me? What does this mean today? How does this verse apply in my life right now? What does this mean to me? What is God saying to me?*

RESPOND

What is your response to these verses? It could be a call to action, how you will be different, a prayer of thanks to God, or a written record of what you will do in response to these verses. Write that here.

MEMORY VERSE FOR THE WEEK – JEREMIAH 33:3

DAY 3 – GENESIS 6:5-7:24 – THE FLOODHIGHLIGHT

Write down one or two verses from the above passage that stand out or speak to you.

EXPLAIN

Explain what those verses mean. *Why was this written? To whom was it originally written? How does it fit with the verses before and after it? Why did the Holy Spirit include this passage in the book? What is He intending to communicate through this text?* Write a short summary of what these verses mean.

APPLY

Now apply these verses to your life. *How can this help me? What does this mean today? How does this verse apply in my life right now? What does this mean to me? What is God saying to me?*

RESPOND

What is your response to these verses? It could be a call to action, how you will be different, a prayer of thanks to God, or a written record of what you will do in response to these verses. Write that here.

MEMORY VERSE FOR THE WEEK – JEREMIAH 33:3

DAY 4 – JOB 1:1 – 2:9 – JOB IS PUT TO THE TEST**HIGHLIGHT**

Write down one or two verses from the above passage that stand out or speak to you.

EXPLAIN

Explain what those verses mean. *Why was this written? To whom was it originally written? How does it fit with the verses before and after it? Why did the Holy Spirit include this passage in the book? What is He intending to communicate through this text?* Write a short summary of what these verses mean.

APPLY

Now apply these verses to your life. *How can this help me? What does this mean today? How does this verse apply in my life right now? What does this mean to me? What is God saying to me?*

RESPOND

What is your response to these verses? It could be a call to action, how you will be different, a prayer of thanks to God, or a written record of what you will do in response to these verses. Write that here.

MEMORY VERSE FOR THE WEEK – JEREMIAH 33:3

DAY 5 – ROMANS 1:18-32 – GOD’S WRATH ON UNRIGHTEOUSNESSHIGHLIGHT

Write down one or two verses from the above passage that stand out or speak to you.

EXPLAIN

Explain what those verses mean. *Why was this written? To whom was it originally written? How does it fit with the verses before and after it? Why did the Holy Spirit include this passage in the book? What is He intending to communicate through this text?* Write a short summary of what these verses mean.

APPLY

Now apply these verses to your life. *How can this help me? What does this mean today? How does this verse apply in my life right now? What does this mean to me? What is God saying to me?*

RESPOND

What is your response to these verses? It could be a call to action, how you will be different, a prayer of thanks to God, or a written record of what you will do in response to these verses. Write that here.

MEMORY VERSE FOR THE WEEK – JEREMIAH 33:3

DISCIPLESHIP ESSENTIALS: H.E.A.R METHOD TO STUDYING THE BIBLE

God's word is living. In it we find life. We find God! If we will be faithful to be in God's word, He will speak to us through it. The H.E.A.R. journaling method promotes reading the Bible with a life-transforming purpose.³ The acronym H.E.A.R. stands for HIGHLIGHT, EXPLAIN, APPLY, and RESPOND. Each of these four steps contributes to creating an atmosphere to hear God speak.

Before reading the assigned text for the day, pause to sincerely ask God to speak to you. In the course of your reading, one or two verses will usually stand out and speak to you. Copy this verse or verses under "HIGHLIGHT." Write the name of the book and the chapter and verse. Write it word for word. Next, under the "EXPLAIN" write a short summary of what the text means. Under "APPLY" write the significance of these verses to you personally. This application is the heart of the process. Everything culminates under this heading. Then write under "RESPOND" what you are going to do or how you will be different or a prayer to ask God to help you in this area.

Sample H.E.A.R. Entry based on Philippians 4:13

HIGHLIGHT: I can do all things through Christ who strengthens me. **Philippians 4:13**

EXPLAIN: Paul was telling the church at Philippi 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 difficult times.

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. Only Jesus gives me the strength I need to be content in every circumstance of life.

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.

³ This H.E.A.R. method is taken from the book *Growing Up* by Robby Gallaty.