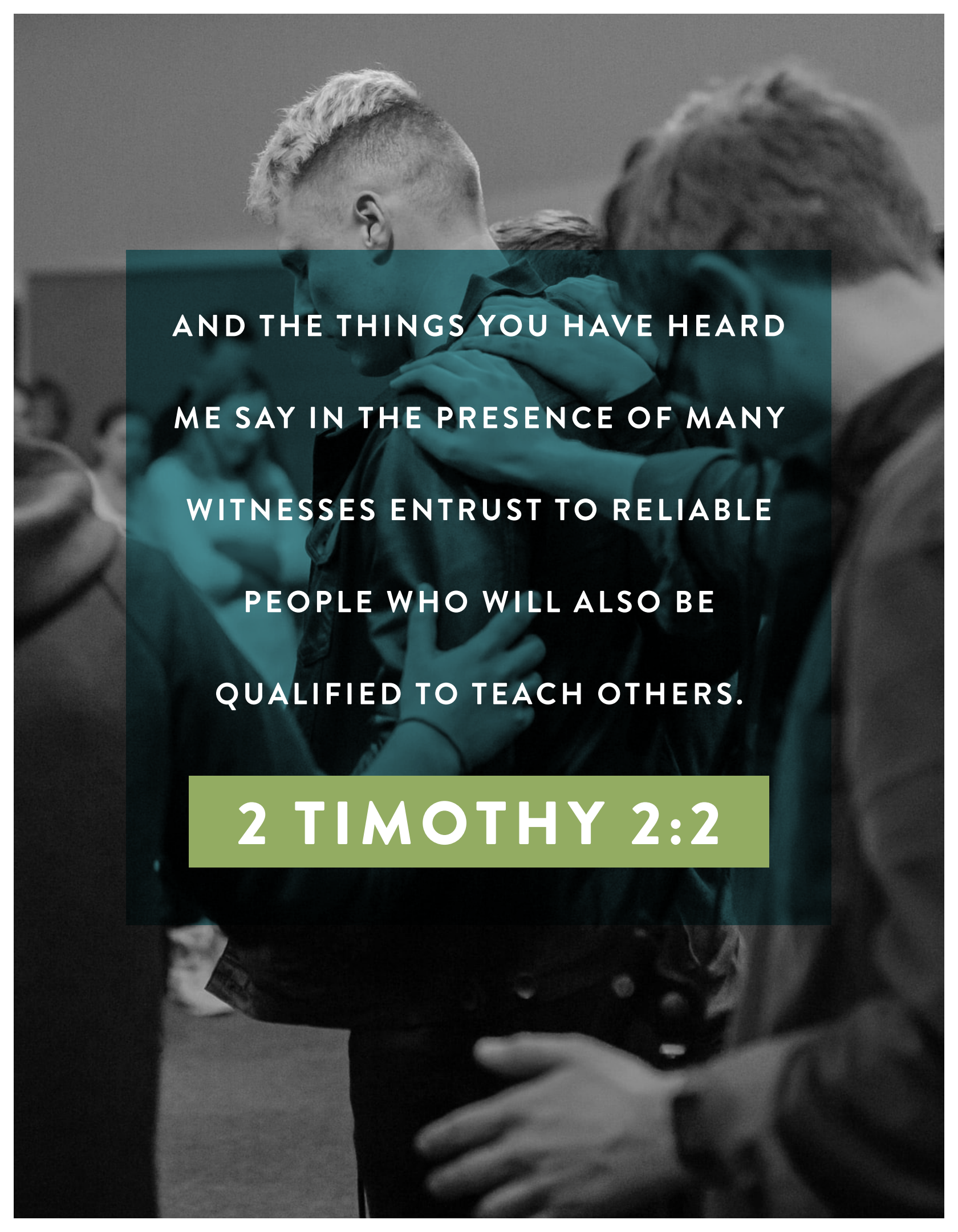


DISCIPLESHIP GROUP

STARTER GUIDE

STEP BY STEP
VERSE BY VERSE





AND THE THINGS YOU HAVE HEARD
ME SAY IN THE PRESENCE OF MANY
WITNESSES ENTRUST TO RELIABLE
PEOPLE WHO WILL ALSO BE
QUALIFIED TO TEACH OTHERS.

2 TIMOTHY 2:2

TABLE OF CONTENTS

01. HOW WE USE THIS GUIDE

02. WEEK 1: GETTING STARTED

06. WEEK 2: H.E.A.R. JOURNALS & SCRIPTURE MEMORY

11. WEEK 3: ACCOUNTABILITY & PRAYER

12. WHO'S YOUR ONE?

DISCIPLESHIP GROUP STARTER GUIDE

HOW TO USE THIS GUIDE:

The next 12 weeks of your life will be an exciting time as you enter a season of accelerated spiritual transformation. The Discipleship Group environment encourages us to engage with God's Word and His people in a way that most of us never have before. As His Spirit works in our lives, it creates a passion to help others experience the same thing.

The Discipleship Group Starter Guide is an interactive booklet that introduces each element of the group and helps your group start strong. We would encourage each member of the group to have a booklet and use it to guide you through the first few weeks of meetings.

This resource will help your group have three important conversations:

WEEK 1 - GETTING STARTED:

This week we will discuss the first meeting of your Discipleship Group and explain group expectation, the Discipleship Group's DNA, the M.A.R.C.S. of a Discipleship Group, and the importance of having a covenant.

WEEK 2 - INTRODUCING H.E.A.R. JOURNALS & SCRIPTURE MEMORY:

In the second week, you will begin to get into the rhythm of the five weekly disciplines. You will learn what a H.E.A.R. Journal is and why Scripture Memory is so important.

WEEK 3 - INTRODUCING ACCOUNTABILITY & PRAYER:

During the third week you will continue your weekly rhythm through the disciplines while also introducing your second accountability question and explaining how you will 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.



WEEK 1

GETTING STARTED

Welcome to week one of Discipleship 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!

GET TO KNOW ONE ANOTHER

Below are 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 1-2 and designate half your meeting time to discussing them.

- Share a 2-3 minute version of your testimony.
- What are you most looking forward to 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?

NOTE

In the future, you can spend more time getting to know one another. A great way to do this is by asking a different member each week to share their story in 7-10 minutes.

SET EXPECTATIONS

It's important that we all have the same expectation for this group. Below is an image called the Discipleship Group DNA. This image and the next couple of pages explain what is unique about this Discipleship Group.

WEEKLY DISCIPLINES

SCRIPTURE MEMORY
BIBLE READING
H.E.A.R JOURNAL
ACCOUNTABILITY
PRAYER

WEEKLY
DISCIPLINES
(WEEKLY INPUT)



MARCS OF A DISCIPLE

MISSIONAL
ACCOUNTABLE
REPRODUCIBLE
COMMUNAL
SCRIPTURAL

MARCS OF A
DISCIPLE
(LIFETIME OUTPUT)

WHAT WILL WE DO?

1 TIMOTHY 4:7-8

“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.”

We train in godliness by weekly committing to the five disciplines.

FIVE WEEKLY DISCIPLINES

1. Accountability
2. Bible Reading
3. H.E.A.R. Journal
4. Prayer
5. Scripture Memory

Which of the five weekly disciplines are you currently doing well?

Which do you need to grow in the most?

WHAT WILL GOD DO?

2 TIMOTHY 3:16-17

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷ so that the servant of God may be thoroughly equipped for every good work.”

HEBREWS 4:12

“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.”

Each of these verses speak 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. The disciplines provide room in our lives for God to work.

WHAT WILL HAPPEN?

As we allow the Word of God to work in our lives we will see its impact through five areas known as the MARCS of a Disciple.



MISSIONAL

A disciple engages with those unengaged with the church.



ACCOUNTABLE

A disciple is real with oneself, God, and others.



REPRODUCIBLE

A disciple invests in men and women who are of F.A.I.T.H. (Faithful, Available, Intentional, Teachable, Hungry)



COMMUNAL

A disciple intentionally shares life with other believers.



SCRIPTUAL

A disciple experiences intimacy with Christ through regularly reading, meditating, and obeying God’s Word.

DISCIPLESHIP GROUP COVENANT

OVER THE NEXT TWELVE WEEKS, I WILL DO MY BEST TO...

- Commit to this group and consider how I may encourage them in their relationship with Jesus.
- Meet weekly with my Discipleship Group (60-90 minutes). When unable, I will stay involved through sharing H.E.A.R. Journals and prayer requests.
- Commit to the five weekly disciplines: Bible Reading, H.E.A.R. Journals, Scripture Memory, Accountability, and Prayer.
- Contribute to a group atmosphere of confidentiality, honesty, and transparency.
- Pray every week for the other members of my Discipleship Group and those in my life who don't know Jesus.
- Look for opportunities to hang out with each other outside your weekly meeting.
- Pray and look for others in my life who I can invite into a new Discipleship Group when my current group decides to multiply.

Signed Member: _____

Signed Leader: _____

Date: _____

THIS WEEK

- ☐ Choose a "Read & Remember" Bible Reading Plan (on our webpage)
- ☐ Look at the example on page 8 of this Starter Guide and then do a HEAR Journal entry on your favorite reading in your chosen Bible Reading Plan this week. You can use any notebook, tablet, phone to do this.
- ☐ Individually pray and decide who your ONE will be (see pg. 12)

WEEK 2

HEAR JOURNALS & SCRIPTURE MEMORY:

NORMAL Discipleship Group RHYTHM

HANG OUT

🕒 **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 his or her “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 heart, not just be able to recite it.

BIBLE READING AND H.E.A.R. JOURNALS

🕒 **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

🕒 **10-20 minutes** In addition to our H.E.A.R. Journal question, we always ask:

“How have you prayed for and invested in your ONE this week?” (see pg. 12)

If there is additional time, you can discuss a question from the Accountability Questions on page 14.

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.

Every week, each of us will share a H.E.A.R. Journal 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 do each week, but the goal with this discipline, as with all of the others, is to improve as time goes on. Consider how often you currently journal and do "+1" of that. So, if you have never journaled, just 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.

Take a look at the H.E.A.R. Journal example on page 80. As you read through your reading plan this week, create a H.E.A.R. Journal by using these four questions.

- **H (HIGHLIGHT):** What is a verse(s) that stood out to you in your reading?
- **E (EXPLAIN):** What is the author's intended meaning in the context of the passage?
- **A (APPLY):** What is the principle to live by today?
- **R (RESPOND):** How will I respond to the application in my relationships and/or situations this week?

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

SAMPLE H.E.A.R. JOURNAL

READ: PHILIPPIANS 4:13

DATE: JANUARY 10, 2019

TITLE: SECRET OF CONTENTMENT

H (Highlight) - “I am able to do all things through Him who strengthens me.” 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.

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. Only Jesus gives 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 face.



GOOD 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.**

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 I need to reflect on??

Once you identify what your application is, you can finish your **RESPONSE** section by asking, “How should I respond to this application in my relationships and/or situations this week?”

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 choose a verse to memorize.

This is a largely neglected discipline that has amazing benefit for the believer. **The discipline's purpose is to store God's Word in our heart (Psalm 119:11).** For this reason, we do not want to only memorize verses, but to meditate on them as we do it. Once everyone recites the verse, the group will discuss what stood out to them as they meditated on it.

The more aligned our group is in this discipline, the more beneficial it will be.

Most groups will memorize the weekly verse. Occasionally a group may want to memorize a longer passage. The group can decide this together along with what translation people prefer. 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

- ☐ Continue Bible Reading Plan
- ☐ H.E.A.R. Journal Entries
- ☐ Scripture Memory

WEEK 3

ACCOUNTABILITY & PRAYER:

NORMAL Discipleship Group RHYTHM

HANG OUT

🕒 **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 his or her “high” and “low” of the week.

SCRIPTURE MEMORY

🕒 **5-10 minutes** Have each person recite the verse and then ask the question, “*As you meditated on this verse, what stood out to you?*”

BIBLE READING AND H.E.A.R. JOURNALS

🕒 **25-35 minutes** Ask each person, “*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** Our accountability time starts as we discuss our H.E.A.R. Journals and how we are responding.

In addition, we always discuss our ONE, “*How have you prayed for and invested in your ONE this week?*”

As a group, walk through the exercise on page 12.

If there is additional time in your group, you can discuss one of the accountability questions on page 14. If not, do this in the next few weeks.

PRAYER

🕒 **10 minutes** Finish the time by having each person share something **specific** and **personal** that the group can pray for. A helpful way to finish the group is to have each member pray for the person on their right.

WHO'S YOUR ONE?

One of the M.A.R.C.S. of a Disciple is Missional. We want every believer to identify ONE person in their life who is far from God and intentionally pursue that person with the hope of the gospel by praying, investing, and inviting. As a Discipleship Group, we continually encourage and hold each other accountable to be intentional with this relationship.

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

PRAY FOR THEM DAILY

Ask them how you can be praying for them. We will 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).

CHECK IN ON THEM WEEKLY

Our hope is to build a relationship where we can share Christ's love with them (1 Cor. 9:19-23). As we invest in someone's life, we build trust, which creates more opportunities to share the Gospel.

INVITE THEM TO CHURCH

Look for opportunities to share your faith in Jesus with your ONE. Invite them to a church service, study, or event. Ask genuine questions and listen patiently and alertly to the responses. Remember that we are fishers of men!

WHO'S YOUR ONE?

During the accountability time of our Discipleship Group each week, we will ask ***“How have you been praying and investing in your **ONE** this week?”*** How exciting would it be if they come to know Jesus and then joined your next Discipleship Group!

Take a moment and identify one person in your life who either doesn't have a relationship with Jesus or is disengaged with the local church. This person should be someone you see on a regular basis. Consider your family, friends, neighbors, coworkers, classmates, etc. Once you identify this person, write their name down and share a little about this person with the group.



WHO'S YOUR ONE?

(FIRST NAME ONLY)

- ☐ Pray for Them Daily
- ☐ Check on Them Weekly
- ☐ Invite Them to Church

ACCOUNTABILITY QUESTIONS

CORE QUESTIONS

Each week, we ask these two questions:

- ***How have you been praying for and investing in your ONE this week?***
- ***Which of your H.E.A.R. Journals stood out the most to you this week and what are you doing about it?"***

ADDITIONAL QUESTIONS

When there is additional time, we may ask the following questions. One suggestion is to ask each person to circle the question that they need to be asked the most often.

- ***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 given in to any addictive behavior this past week? (alcohol, tobacco, video games, work, TV, etc.)***
- ***Have you told any lies or half-truths this week?***
- ***Have you damaged another person by your words, either behind his or her back or face-to-face?***
- ***Have you participated in anything unethical this week? Have you been completely honest with your answers today?***

NOTES:



Special Thanks To Replicate Ministries For All Their Support

WWW.REPLICATE.ORG