



GO Disciple

Disciple's Guide

A Guide for Leaders
and Participants
In D-Groups



What is a D-Group?

D-Groups are smaller groups of about four people who meet together regularly for the purpose of growing closer to Christ and supporting one another in biblical community. A D-Group is an excellent way for people to follow the Great Commission given by Jesus in Matthew 28:18-20:

"All authority has been given to me in heaven and on earth. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age." (CSB)

Why D-Groups?

Disciples are best made in a community of close relationships. Jesus had Peter, James, and John. The apostle Paul had Timothy, Silas, and Luke. David had his inner circle of three mighty men. A D-Group is not just any group, it is a biblical group. That is... a D-Group is a smaller group of about four people who meet together to share the Word of God with each other; learn Scripture together, and support and encourage each other through prayer and relationships.

Starting a D-Group

D-Groups are easy to start. Simply invite three other people to join you, plan your first get-together, decide what Bible passage the group wants to immerse themselves in, and then follow through and do it!

If possible, consider inviting three people from your Small Group or Sunday School class. A class that has several people involved in D-Groups is going to be a great class. A D-Group will not only help the participants grow spiritually, it can also help the whole class!

What is Expected in a D-Group

You need a Bible. At your first D-Group meeting, see what translation everyone else is using. It is helpful (though not necessary) for everyone to have the same translation. You may also need a journal to record your thoughts and what you hear God speaking to you every day and during your group.

Develop an agreement with other group members (a group covenant), that includes expectations about attendance, preparation, accountability, and also an agreement that what is said in the group, stays in the group.

Preparation for D-Group

Daily Preparation

DEVOTION. Have a daily devotional time with God. Be sure that you read your Bible during this time. The Bible is God's written word to you and there is no other substitute. You might consider a Bible reading plan, or read a chapter from the Psalms, Proverbs, or John every day. Also, your D-Group will be studying a Scripture passage together and you may consider reading that passage every day to get familiar with it and allow God to use the passage to speak to you.

PRAY. Pray daily. During your prayer time, include: time to praise God for who He is; confession and repentance of sin; prayers for your pastor and church leaders; prayers for the lost; the needs of other people; and needs that you have personally.

MEMORIZE. Your group will memorize Scripture together. Don't freak out about this. You have already memorized many things, and hardly give them a second thought. Memorizing Scripture with your group will help you. Simply practice memorizing each week's verse during your daily devotional time and you will be surprised at how easily it comes to you.

Weekly Preparation

Some time during the week, find a time where you can be alone for 30-60 minutes. During this time, you are going to dig a little deeper into the Scripture passage that your group is studying (and memorizing). Simply use the following HEAR process to guide you through this study.

- H** Highlight. Highlight or circle words that get your attention.
- E** Explain. Write in your journal the words you highlighted and briefly explain why you highlighted them.
- A** Apply. Knowledge without application is just information. Knowledge with application is transformational. Write an action plan. EX: 1 Corinthians 13:5 states that love does not insist on its own way. Many people want things their way, every day! Write two or three ways you can apply this verse, such as: "This week, I am going to let my spouse choose what we do for date night, and... I am going to be happy about it!"
- R** Replicate. Replicate simply means to share with someone else what God is teaching you.

The D-Group Meeting

Below is a suggested plan for a D-Group meeting. An important thing to remember is balance the time in D-Group and keep it focused on its purpose. Light-hearted discussions of a ball game or recent experiences are okay for a short period of time, but these conversations can easily spiral out of control and limit the time the group should be spending on its real purpose—making disciples.

Suggested D-Group Meeting

- a. Open the meeting with a brief prayer and ask God to reveal Himself to the group.
- b. Practice the group's memory verses. Ask each person to share the week's Scripture verse(s) from memory. Always do this first. See the section below for the reason.
- c. Each member shares what they learned about God and about themselves from the weekly Bible study. (Simply ask each group member to use the HEAR process to share with the group.)
- d. Pray together. Group members share prayer concerns. Ask, "What could we pray about for you that will help during the coming week?"

The Weekly Bible Study

The group needs to select a passage to study and memorize together. An excellent passage to start with is 1 Corinthians 13. It is 13 verses in length, most people are familiar with it, and it can be memorized in 6-7 weeks. It is also an immensely practical passage. Other passages the group might consider are; Psalm 1, Psalm 121, Romans 8, John 15:1-8, or Colossians 1:15-21. Simply select a passage and cover a few verses from the passage at each meeting of the D-Group.

Memorization

People often claim that they cannot memorize. Yet, most people share information all the time that they do not have to look up. How are they able to do this? Because it is information that they frequently use, which says a lot about why people do not memorize Scripture.

The fact is, we use Scripture more often when we spend time memorizing it. You probably memorized your Social Security number because you did not want to pull your card out of your wallet every time you were asked for it.

Using 1 Corinthians 13 again, here is a model to use to memorize Scripture.

- Read the chapter through two or three times at one sitting to get familiar with the context and with the overall theme of the chapter.
- Memorize the first two verses. Write each verse on an index card and include the reference (book, chapter, verse - EX: 1 Corinthians 13:1).
- When memorizing a chapter or long passage, focus on the words and not necessarily the verse numbers.
- Say the verse out loud several times. Verbalizing the verse helps you remember it.
- Consider recording yourself saying the verses exactly into your smart phone. Replay it and try to say the verse with the recording.
- Repeat the process above with the next verse.
- Use the "study sheets" available at www.tnbaptist.org/GoDisciple. Now practice saying verse 1 and 2 together without pausing between verses.
- Each week, add the next two verses to memorize. At the end of your devotion time, practice saying the passage from memory, starting from verse 1 through to the most recent memorized verse.

Group Scripture Memory

Accountability is a vital part of memorizing Scripture. We are more likely to do something if we know that we will be asked to produce it later. Here are some tips for the groups Scripture memorization time.

- Always start with Scripture memory first. If memorizing Scripture is done last, the group will often run short on time and skip the memorization time.
- The group leader should always share first. Leaders lead!
- Call on someone to share next. You can ask for volunteers too. The phrase “Make a friend” is a friendly way to encourage group members to call on each other during the group share time.
- Be gracious. Sometimes people have a busy week and are unable to memorize the verse. Help them through it. Avoid being legalistic toward each other. It might be you next time.

Replicate

Replication simply means to duplicate or reproduce. For a disciple of Jesus Christ, replicate means to reproduce the image of Christ. Replication occurs individually, and it also occurs with the group. A D-Group should replicate in three ways.

1. Replicate your spiritual experience. Share with others what God is showing you through your D-Group or personal devotions. Simply share what you have learned about God each week with someone else like a family member, neighbor, co-worker, or team mate.
2. Replicate your group. D-Groups are easy to start and lead. After your D-Group has met for a while (no longer than six months), the group should start the process of forming new D-Groups. Perhaps the group of four could form two pairs, and each pair of two invites two new people to form new D-Groups.
3. Replicate your faith. Jesus' commission to His disciples was to make more disciples. More disciples occurs when believers share their faith with lost people. A new D-Group is a great opportunity to invite a lost friend to join the group. Also, the D-Group experience prepares each group member to share their faith personally with other people.

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Five OBJECTIVES

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