

## D-GROUP STARTER GUIDE

REPLICATE

AND WHAT YOU HAVE HEARD FROM ME IN THE PRESENCE OF MANY WITNESSES, COMMIT TO FAITHFUL MEN WHO WILL BE ABLE TO TEACH OTHERS ALSO.

**2 TIMOTHY 2:2** 



## **TABLE OF CONTENTS**

02.	HOW WE USE THIS GUIDE
04.	WEEK 1: GETTING STARTED
09.	WEEK 2: H.E.A.R. JOURNALS & SCRIPTURE MEMORY
15.	WEEK 3: ACCOUNTABILITY & PRAYER
20.	RESOURCES
22.	F-260 READING PLAN

26. NT-260 READING PLAN

## **D-GROUP STARTER GUIDE**

#### **HOW TO USE THIS GUIDE:**

The next 12 months of your life will be an exciting time as you enter a season of accelerated spiritual transformation. The D-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 D-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:**

During the first meeting you will set clear expectations for the group and get to know one another. This booklet provides a couple of simple exercises to help you lay a strong foundation for your group!

## 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:

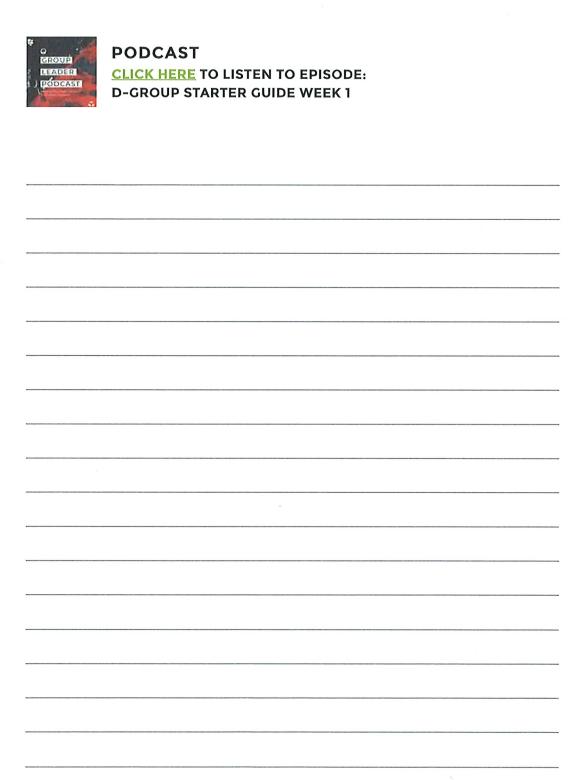
During the third week you will continue your weekly rhythm through the disciplines while also introducing your second accountability question and explaining how you will pray for one another.

#### 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.

## LEADER PREPARATION FOR WEEK 1





## **GETTING STARTED**

### WEEK 1

Welcome to week one of D-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.

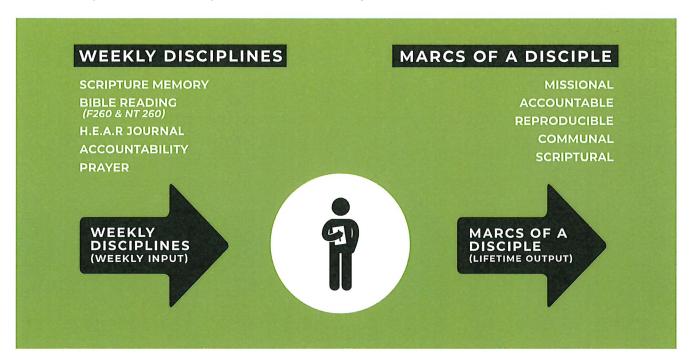
- Share a 2-3 minute version of your testimony.
- What are you most looking forward to in this group?
- Tell us about your family, work, and personal hobbies.
- What is one thing that you are excited or intrigued by right now?

#### 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 D-Group DNA. This image and the next couples of pages explain what is unique about this D-Group.



#### 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 (F260/NT260)
- 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, 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.



#### SCRIPTURAL

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

### **D-GROUP COVENANT**

## OVER THE NEXT EIGHTEEN MONTHS, I WILL DO MY BEST TO...

- Give myself fully to the Lord during this time as I anticipate a season of accelerated spiritual transformation.
- Commit to this group and consider how I may best spur others on in their relationship with Jesus.
- Meet weekly with my D-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 D-Group and those in my life who don't know Jesus.
- Pray and look for others in my life who I can invite into a new D-Group when my current group decides to multiply.

Signed Member:	 ,
Signed Leader:	
Date:	

#### THIS WEEK

Choose the reading plan your group will use (F260 or NT260) and begin reading. (NOTE: Day 1 of each week is Monday and the weekends are for you to catch up on the readings). Look at page 11 and try to do a H.E.A.R. Journal on your favorite reading this week.

## LEADER PREPARATION FOR WEEK 2





## H.E.A.R JOURNALS & SCRIPTURE MEMORY

#### WEEK 2

Every week we will follow the same rhythm that includes each of the five weekly disciplines. The example below is meant to be a helpful guide, but it is far from an exact science. Ultimately, the pace and content of the conversation is set by the discernment of the leader. The times will vary depending on the length of your D-Group meeting and the amount of people in your group. Today we will focus on introducing bible reading, H.E.A.R. journals, and scripture memory. Next week, we will spend more time explaining the accountability and prayer sections.

#### NORMAL D-GROUP RHYTHM

#### FELLOWSHIP .

① **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

② 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** -

① 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?"

If there is additional time, you can discuss a question from the Accountability Questions on page 18.

#### **PRAYER**

② 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 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 throughout the year.

Take a look at the H.E.A.R. Journal example on page 11. 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 have a verse that we will memorize from F260/NT260. 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 given with F260/NT260. 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.

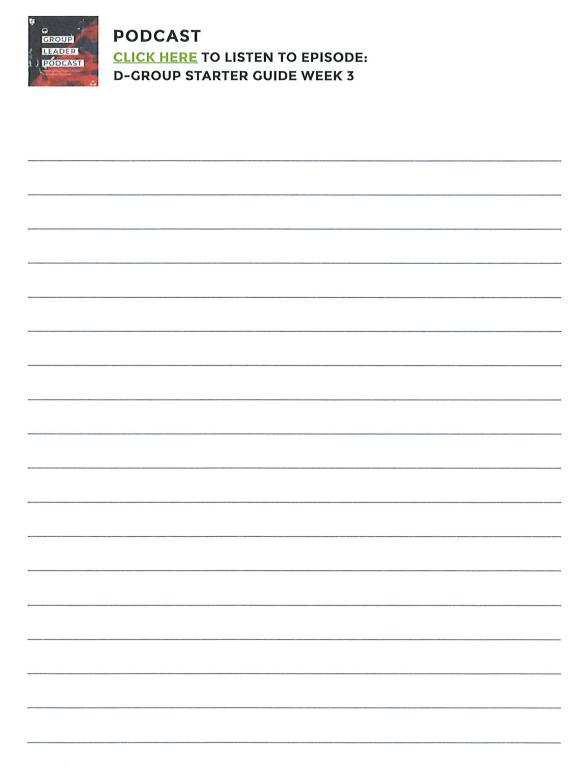
- What experience do you have with Scripture Memory?
- How could you see Scripture Memory being beneficial in your life?
- What verses will we commit to and what translation will we use?
- How can we be intentional about reviewing verses so that we don't forget them?

#### THIS WEEK -

Continue reading and doing H.E.A.R. Journals. Also, begin memorizing and meditating on the weekly verse in F260/NT260.

## LEADER PREPARATION FOR WEEK 3





## **ACCOUNTABILITY & PRAYER**

WEEK :	<b>5</b>

This week, we will continue our normal rhythm of D-Group through the five weekly disciplines. We will spend extra time on the accountability and prayer section as we introduce this element more fully into the group.

#### **NORMAL D-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 his or her "high" and "low" of the week.

#### **SCRIPTURE MEMORY -**

② **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 & invested in your ONE this week?"

As a group, walk through the exercise on page 16.

If there is additional time in your group, you can discuss one of the accountability questions on page 18. If not, do this in the next few weeks.

#### PRAYER

**① 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 D-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** - We will pray daily for these names.

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).

#### **INVEST** - We will create ways to invest weekly in these people's lives.

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** - As we pray and invest, we invite them to the next right thing.

The ideal would be to share your faith and invite them to enter into a personal relationship with Jesus Christ. When people aren't there yet, we can invite them to belong in our community before they believe. We do this by inviting them to events like our Small Group, a church outreach event, or a Sunday morning service.

## WHO'S YOUR ONE?

During the accountability time of our D-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 D-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.



(FIRST NAME ONLY)

PRAY DAILY
INVEST WEEKLY
INVITE TO THE NEXT RIGHT THING

## **ACCOUNTABILITY QUESTIONS**

#### CORE QUESTIONS

Each week, we ask these two questions:

Which of your H.E.A.R. Journals stood out the most to you this week and what are you doing about it?"

How have you been praying for and investing in your ONE this week?

#### 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?

## FOUNDATIONS NEW TESTAMENT

A 260-DAY BIBLE READING PLAN FOR BUSY BELIEVERS

WEEK 1 Luke 1	WEEK 5 Luke 21	WEEK 9 James 3
Luke 2 Luke 3 Luke 4 Luke 5	Luke 22 Luke 23 Luke 24 Acts 1	James 4 James 5 Acts 15 Acts 16
Memorize: Matthew 5:1-2	Memorize: Matthew 5:9-10	Memorize: Matthew 5:17-18
WEEK 2 Luke 6 Luke 7 Luke 8 Luke 9 Luke 10	WEEK 6 Acts 2 Acts 3 Acts 4 Acts 5 Acts 6	WEEK 10 Galatians 1 Galatians 2 Galatians 3 Galatians 4 Galatians 5
Memorize: Matthew 5:3-4	Memorize: Matthew 5:11-12	Memorize: Matthew 5:19-20
*********		***********
WEEK 3 Luke 11 Luke 12 Luke 13 Luke 14 Luke 15	Acts 7 Acts 8 Acts 9 Acts 10 Acts 11	WEEK 11 Galatians 6 Acts 17 Acts 18 1 Thessalonians 1 1 Thessalonians 2
Luke 11 Luke 12 Luke 13 Luke 14	Acts 7 Acts 8 Acts 9 Acts 10	Galatians 6 Acts 17 Acts 18 1 Thessalonians 1
Luke 11 Luke 12 Luke 13 Luke 14 Luke 15 Memorize:	Acts 7 Acts 8 Acts 9 Acts 10 Acts 11 Memorize:	Galatians 6 Acts 17 Acts 18 1 Thessalonians 1 1 Thessalonians 2 Memorize:

WEEK 13 2 Thessalonians 3 Acts 19 1 Corinthians 1 1 Corinthians 2 1 Corinthians 3	WEEK 18 2 Corinthians 8 2 Corinthians 9 2 Corinthians 10 2 Corinthians 11 2 Corinthians 12	Romans 4 Romans 5 Romans 6 Romans 7 Romans 8
Memorize: Matthew 5:25-26	Memorize: Matthew 5:36-37	Memorize: Matthew 5:47-48
WEEK 14  1 Corinthians 4  1 Corinthians 5  1 Corinthians 6  1 Corinthians 7  1 Corinthians 8	WEEK 19 2 Corinthians 13 Mark 1 Mark 2 Mark 3 Mark 4	WEEK 24 Romans 9 Romans 10 Romans 11 Romans 12 Romans 13
Memorize: Matthew 5:27-28	Memorize: Matthew 5:38-39	Memorize: Matthew 6:1-2
WEEK 15  1 Corinthians 9  1 Corinthians 10  1 Corinthians 11  1 Corinthians 12  1 Corinthians 13	WEEK 20 Mark 5 Mark 6 Mark 7 Mark 8 Mark 9	WEEK 25 Romans 14 Romans 15 Romans 16 Acts 20 Acts 21
Memorize: Matthew 5:29-30	Memorize: Matthew 5:40-42	Memorize: Matthew 6:3-4
WEEK 16  1 Corinthians 14  1 Corinthians 15  1 Corinthians 16  2 Corinthians 1  2 Corinthians 2	WEEK 21 Mark 10 Mark 11 Mark 12 Mark 13 Mark 14	WEEK 26 Acts 22 Acts 23 Acts 24 Acts 25 Acts 26
Memorize: Matthew 5:31-32	Memorize: Matthew 5:43-44	Memorize: Matthew 6:5-6
WEEK 17 2 Corinthians 3 2 Corinthians 4 2 Corinthians 5 2 Corinthians 6 2 Corinthians 7	WEEK 22 Mark 15 Mark 16 Romans 1 Romans 2 Romans 3	WEEK 27 Acts 27 Acts 28 Colossians 1 Colossians 2 Colossians 3
Memorize: Matthew 5:33-35	Memorize: Matthew 5:45-46	Memorize: Matthew 6:7-8

WEEK 28 Colossians 4 Ephesians 1 Ephesians 2 Ephesians 3 Ephesians 4	WEEK 33 1 Timothy 1 1 Timothy 2 1 Timothy 3 1 Timothy 4 1 Timothy 5	WEEK 38 John 5 John 6 John 7 John 8 John 9
Memorize: Matthew 6:9-11	Memorize: Matthew 6:22-24	Memorize: Matthew 6:33-34
WEEK 29 Ephesians 5 Ephesians 6 Philippians 1 Philippians 2 Philippians 3	WEEK 34 1 Timothy 6 2 Timothy 1 2 Timothy 2 2 Timothy 3 2 Timothy 4	WEEK 39 John 10 John 11 John 12 John 13 John 14
Memorize: Matthew 6:12-13	Memorize: Matthew 6:25-26	Memorize: Matthew 7:1-2
WEEK 30 Philippians 4 Philemon Hebrews 1 Hebrews 2 Hebrews 3 Memorize:	WEEK 35 Titus 1 Titus 2 Titus 3 1 Peter 1 1 Peter 2 Memorize:	WEEK 40 John 15 John 16 John 17 John 18 John 19 Memorize:
Matthew 6:14-15	Matthew 6:27-28	Matthew 7:3-4
WEEK 31 Hebrews 4 Hebrews 5 Hebrews 6 Hebrews 7 Hebrews 8	WEEK 36 1 Peter 3 1 Peter 4 1 Peter 5 2 Peter 1 2 Peter 2	WEEK 41 John 20 John 21 1 John 1 1 John 2 1 John 3
Memorize: Matthew 6:16-18	Memorize: Matthew 6:29-30	Memorize: Matthew 7:5-6
WEEK 32 Hebrews 9 Hebrews 10 Hebrews 11 Hebrews 12 Hebrews 13	WEEK 37 2 Peter 3 John 1 John 2 John 3 John 4	WEEK 42 1 John 4 1 John 5 2 John 3 John Jude
Memorize: Matthew 6:19-21	Memorize: Matthew 6:31-32	Memorize: Matthew 7:7-8

WEEK 43 Revelation 1 Revelation 2 Revelation 3 Revelation 4 Revelation 5	WEEK 47 Revelation 21 Revelation 22 Matthew 1 Matthew 2 Matthew 3	WEEK 51 Matthew 19 Matthew 20 Matthew 21 Matthew 22 Matthew 23
Memorize: Matthew 7:9-10	Memorize: Matthew 7:17-18	Memorize: Matthew 7:26-27
WEEK 44 Revelation 6 Revelation 7 Revelation 8 Revelation 9 Revelation 10	WEEK 48 Matthew 4 Matthew 5 Matthew 6 Matthew 7 Matthew 8	WEEK 52 Matthew 24 Matthew 25 Matthew 26 Matthew 27 Matthew 28
Memorize: Matthew 7:11-12	Memorize: Matthew 7:19-20	Memorize: Matthew 7:28-29
WEEK 45 Revelation 11 Revelation 12 Revelation 13 Revelation 14 Revelation 15	WEEK 49 Matthew 9 Matthew 10 Matthew 11 Matthew 12 Matthew 13	
Memorize: Matthew 7:13-14	Memorize: Matthew 7:21-23	
WEEK 46 Revelation 16 Revelation 17 Revelation 18 Revelation 19 Revelation 20 Memorize:	WEEK 50 Matthew 14 Matthew 15 Matthew 16 Matthew 17 Matthew 18 Memorize:	
Matthew 7:15-16	Matthew 7:24-25	

