



D-Group Guide

WHAT IS A D-GROUP?

A D-Group is a gender specific, closed group of 3-5 believers who meet together weekly for the purpose of accelerated spiritual transformation. A person joins the D-Group by *invitation only*, with most D-Groups being formed out of relationships in a City Group or other community. The typical activities of a D-Group include Bible study, Scripture memorization, and prayer.

WHY PARTICIPATE IN A D-GROUP?

When Jesus left Earth for Heaven, He gave us a simple command- make disciples. We believe we will stand before the Lord someday to give an account of how we fulfilled this most basic command. It's been said that "life happens". This is very true, but unfortunately, the best stuff in life doesn't just happen. The best stuff- the God ordained stuff- happens only when God's people get a plan and follow through. D-Groups are a basic, yet specific, method for making disciples.

HOW TO LAUNCH A D-GROUP

1. Pray! Ask God to lead you to the right people to ask to join you in your pursuit with Him.
2. Ask those you know! Don't wait for others to ask you. Take the initiative and ask others if they are already in a D-group. If they are not already in a group, ask them to prayerfully consider joining in one with you.
3. Look for others who are FAT:
 - **FAITHFUL**: look for believers who are demonstrating spiritual life in other ways. Perhaps they are faithful at church or attending a City Group. Try to identify those who want to follow Jesus.
 - **AVAILABLE**: for a D-Group to work, its members must be ready to work. Look for those who can make the time commitment necessary for a group to be successful.
 - **TEACHABLE**: Look for those who demonstrate humility and willingness to learn. Look for those you connect with well. This may be a good friend or a new acquaintance.

DECIDE WHERE TO MEET

Find a meeting place away from the church. Restaurants, coffee shops, bookstores, and homes are all good options. Meeting outside the church in

the community encourages your group members to publicize their faith, teaching them it is okay to read the Bible at a restaurant or pray in public.

DECIDE WHEN TO MEET

Yes. This is a high-level commitment. It's fine to invite people in for a week or so if they wish to check out the group. However, beyond that calls for commitment for the duration of the D-Group.

DECIDE HOW LONG YOUR D-GROUP WILL LAST

Begin with the end in mind. A typical D-Group will last 12 months. Some can be longer or shorter, however, a year is generally a good timeframe to become close enough to share but not long enough to get stuck. The expected timeframe should be stated in the beginning.

WHAT SHOULD THE FIRST MEETING LOOK LIKE?

1. Start with introductions
2. Explain the purpose, format, and duration of the D-Group
3. Get to know each other with some basic questions about life's journey to this point
4. Decide what Scriptures you will memorize.
5. Decide on a Scripture reading plan.

HOW DO WE APPROACH ACCOUNTABILITY?

- Confrontation
- Confidentiality
- Confession
- Compassion

WHAT DOES A TYPICAL MEETING LOOK LIKE?

While first meetings are high invitation, subsequent meetings are high commitment and should be approximately one hour in length, following the same basic outline.

1. Open with prayer
2. Have a time of intentional conversation by briefly sharing the highs and lows of the week. You can also share celebrations and praises. This is a

key step in developing relationships, but comfortable conversation will take time to develop

3. Quote scripture memory verses for the week
4. One member shares what they were able to H.E.A.R. from their personal study in the past week. Though many approaches may be useful, the primary method incorporated in a CBC D-Group is personal Bible study. Scripture reading is assigned each week. Each member of the group reads the material on his or her own time during the week, journaling at least one H.E.A.R. entry, and comes prepared to share from one of these journal entries.
5. Other members of the group help each other process what they were able to H.E.A.R. through questioning and discussion. The goal is to answer 2 basic questions: *What is God saying to you?* and *What are you going to do about it?* Some good questions to help facilitate the discussion are:
 - Is there a promise to claim?
 - Is there an action or attitude to avoid?
 - Is there a principle to apply?
6. Members of the group pray for the one who shared
7. Plan to follow-up next meeting if a specific action step was stated
8. Repeat steps 4-7 for each member individually.
9. Assign new reading material and scripture memory
10. Close in prayer

WHAT DOES IT MEAN TO H.E.A.R FROM GOD?

H.E.A.R. is a simple acrostic to help us study God's word in context. We believe the Holy Spirit has given us His Word for us to read, meditate upon, and live by. We also believe every believer can study God's Word for themselves.

H = Highlight

- Jot down the reference

E = Explain

- Why was it written?
- To whom was it originally written?
- How does it fit with the verses before and after?
- Why did the Holy Spirit include this passage?
- What is He intending to communicate through this text?

A = Apply

- How can this help me?
- What does this mean today?
- What would the application of this verse look like in my life?
- What does this mean to me?
- What is God saying to me?

R = Respond

- What am I going to do about it?
- A specific action
- An internal change in attitude or perspective
- A prayer to God in light of what you have discovered

SAMPLE H.E.A.R. JOURNAL ENTRY:

H - Philippians 4:13

E - The Apostle Paul is telling the church that he has gone through a lot of difficulty in his life. The church is offering to help Paul in his needs. While he is grateful for this, he also wants them to know he would be fine if they didn't help. Paul explains that he has had times of abundance and times of lack but in all of it he has been fine because Christ has strengthened him.

A - No matter what we face, we know that Christ will be strengthening us in our spirit so that we can handle it.

R - I just found out I might be laid off. I would like to keep my job and I'm praying to keep my job. But, I know that if that doesn't happen I will be ok because Christ is in me and I can face this.

WHAT SCRIPTURE PASSAGES SHOULD MY D-GROUP READ?

A D-Group can focus on specific issues and find Scripture regarding those issues. However, the primary purpose is to become a self-feeder, reading God's Word on many issues to be a well-rounded follower of Jesus Christ. As such, we recommend reading from a variety of Scripture books.

SUGGESTED READING PLANS

Read through the entire Bible in a year

- Intensive- daily reading required
- Multiple options
 - Chronological
https://drive.google.com/file/d/1aWM18nwp25XYbDnr2OYj_TR4rfreJlHn/view?usp=sharing
 - Historical
<https://drive.google.com/file/d/1do9EvcirTLZjYpLa059GmrNGfTK8nYPD/view?usp=sharing>
 - Old and New Testament Together
https://drive.google.com/file/d/1u_557iAOXFPnifiW-CfJ-gpiumiZRCIb/view?usp=sharing
 - Beginning to End
https://drive.google.com/file/d/1pITGi3eA3erau6oldTywhl8gCd_BjSmo/view?usp=sharing

Key passages of Scripture going through the Bible in a year

- Less intensive- reading 5 days a week
- Includes weekly memory verses
- F260 Bible Reading Plan
https://drive.google.com/file/d/1PoQtuxj00E0hz_fA54cxjbWzQkl0fiZN/view?usp=sharing

WHAT SCRIPTURE PASSAGES SHOULD MY GROUP MEMORIZE?

As with the reading, there are many options for memorization. We find it easiest to memorize according to topic by taking one verse or passage each week.

Suggested memorization plans

The Navigators Topical Memory System

- Five areas of scripture memory to get started
- Key verses that point to basic truths and important instruction

Plan can be found at the following website:

<https://www.navigators.org/Tools/Discipleship%20Resources/Tools/Topical%20Memory%20System>

Bible Memory for D-Groups

- Suggested verses can be found at:
<https://drive.google.com/file/d/1C5DATfwbS9J0VI65iLRR2-KKCIeBQKh1/view?usp=sharing>
- Choose scriptures that are meaningful to you.

SAMPLE D-GROUP COVENANT

_____ I will commit to the following expectations:

_____ I pledge myself fully to the Lord with the anticipation that I am entering a time of accelerated spiritual transformation.

_____ I will meet with my D-Group for approximately one hour every week, unless providentially hindered.

_____ I will complete all assignments on a weekly basis before my D-Group meeting, in order to contribute to the discussion.

_____ 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.

_____ I will pray every week for the other men/women who are on the discipleship journey with me.

Signed _____

Date _____