

## WHAT IS A D-GROUP?

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

## WHY PARTICIPATE IN A D-GROUP?

Jesus gave us a simple command, “make disciples of all nations.” (Matthew 28:19). We believe we will stand before the Lord someday to give an account of how we fulfilled this most basic command. D-Groups are a practical, intentional, basic, method for making disciples that everyone can fulfill!

## 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 and invite 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 not, 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're faithful at serving in a ministry, attending church or a City Group. Try to identify those who want to follow Jesus.
  - ● **AVAILABLE**: Look for those who can make the time commitment necessary for a group to be successful. This is a key for the group!
  - ● **TEACHABLE**: Look for those who demonstrate humility, willingness to learn and 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's okay to read the Bible at a restaurant or pray in public.

## DECIDE WHEN TO MEET

Communicate that D-Group is a high-level commitment for the duration of the D-Group. Attendance must be consistent. It's fine to invite people in for a week or so if they wish to check out the 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 spiritually. The expected timeframe should be stated as the group begins.

## **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?**

Confidentiality - Compassion – Confrontation (honest addressing of issues) – Confession.

## **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.

- Open with prayer
- 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
- Quote scripture memory verses for the week
- 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.

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?

- Members of the group pray for the one who shared.
- Plan to follow-up next meeting if a specific action step was stated
- Repeat steps 4-7 for each member individually.
- Assign new reading material and scripture memory
- 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

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haring

- Historical

<https://drive.google.com/file/d/1do9EvcirTLZjYpLa059GmrNGfTK8nYPD/view?usp=sh>

aring

- - Old and New Testament Together

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ng

- - Beginning to End

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#### 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

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