TRAILHEAD FELLOWSHIP

D Group



New 2027 Edition

THE LITTLE DISCIPLE BOOK

A 52-Week Challenge: Practicing the Way of Jesus

BE ONE MAKE ONE

Leave No Man Undiscipled

TABLE OF CONTENTS

P3

PREPARATION
Lay a solid foundation
Before launching your D-Group, spend four weeks aligning vision, building commitment, and becoming familiar with the D-Group model. Whether you are starting a new group or continuing an existing one, we recommend beginning here each year to prepare for the journey ahead.

P13

SINGULAR PASSION
Why This Handbook?
What question will Jesus ask when you stand before Him, and how will you answer? Why following Christ and making disciples must become the singular passion of every believer.

P22

BIBLICAL FOUNDATION
Jesus' Blueprint for Disciple-Making
Examine how Jesus made disciples, what distinguishes a true disciple, and why the Great Commandment and Great Commission are inseparable.

P31

D-GROUP ESSENTIALS
Plant, Grow, and Multiply
Learn the practical principles and proven rhythms for planting, growing, and multiplying disciple-making groups wherever God places you.

P40

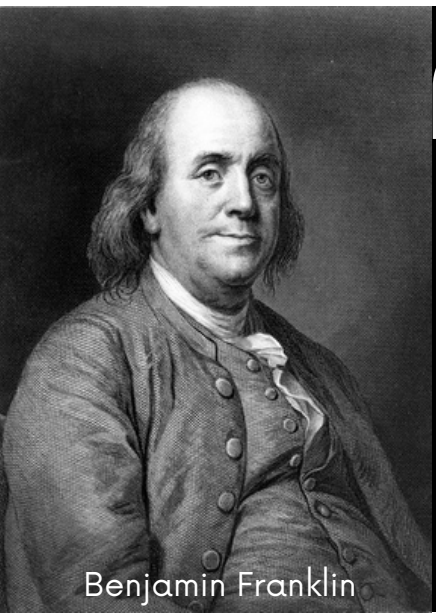
52 WEEKS CHALLENGE
Enter • Live • Advance • Multiply
Journey through selected passages each week, applying God's Word in community and encouraging one another toward obedience. Learn what the Kingdom of God is, how to enter it, how to live in it, how Jesus made disciples, and how to develop disciple-makers who multiply.

D-Group is just one context for disciple-making. The biblical principles and practical tools in this handbook can be used in one-on-one discipleship, family discipleship, life groups, or any relationship where people are helping one another follow Jesus.

While this handbook is written with men in mind, women disciple-makers have successfully used these same principles, processes, and tools. After all, Jesus loves, calls, and commissions both men and women to follow Him and help others do the same.

PREPARATION

A successful D-Group starts with a solid foundation. Before beginning the 52 weekly journey, spend four weeks walking through the key components of this handbook together. Discuss the vision, intention, and means so everyone is aligned, prepared, and committed to the disciple-making journey ahead.



"By failing to prepare, you are preparing to fail

FOUR WEEKS TO LAUNCH

Read

Singular Passion (Page 8-12)

Do

Sign the D-Group Covenant.

Discuss

- What are you most passionate about right now?
- In your mind, what is the difference between a wasted life and an un-wasted life?
- How can you discern whether you are truly passionate about God and His mission?

THREE WEEKS TO LAUNCH

Read

Biblical Foundation
(Page 13-21)

Do

- Complete the Self-Assessment.
- Create your List of 10 and begin praying for them.

Discuss

- How would you define a disciple and discipleship?
- Why do many well-meaning church programs and activities fail to produce disciples?
- What strikes you most about Jesus' way of making disciples?

TWO WEEKS TO LAUNCH

Read

D-Group Essentials (Page 22-30)

Do

- Familiarize yourself with the different group roles.
- Assign roles for the next meeting.

Discuss

- What are the key differences between a D-Group and other church groups?
- Why is it important to meet weekly rather than monthly?
- What kind of culture do we want to build together over time?

ONE WEEK TO LAUNCH

Read

Tools
(Page 31-39)

Do

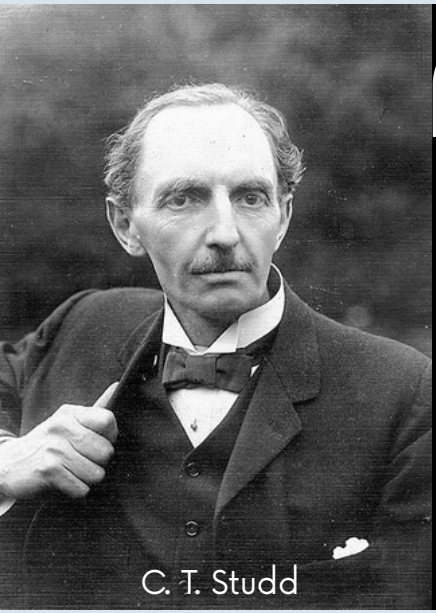
- Practice Lectio Divina and HEAR journal.
- Prepare to begin week 1 together.

Discuss

- How do you currently spend time in Scripture and prayer?
- Which spiritual disciplines have been most helpful in your walk with God?
- What is one area of spiritual growth you want to focus on this year?

SINGULAR PASSION

Everyone lives for something. Yet nothing can truly satisfy the human soul if our passion is not centered on knowing Jesus and helping others follow Him. When God's glory becomes our singular passion, every area of life gains purpose and eternal significance.



"Only one life, 'twill soon be past. Only what's done for Christ, will last.



During his 1957 Urbana address, Billy Graham pulled out a copy of a letter that the pastor of the Presbyterian church in his hometown had given him. The letter was written by a university student after he had gone to Mexico and become a Communist. He wrote to his fiancée, breaking off their engagement. Here is part of what he said:

> We Communists have a high casualty rate. We're the ones who get shot and hung and lynched and tarred and feathered and jailed and slandered, and ridiculed and fired from our jobs, and in every other way made as uncomfortable as possible. A certain percentage of us get killed or imprisoned. We live in virtual poverty. We turn back to the party every penny we make above what is absolutely necessary to keep us alive. We Communists don't have the time or the money for many movies, or concerts, or T-bone steaks, or decent homes and new cars. We've been described as fanatics. We are fanatics. Our lives are dominated by one great overshadowing factor, THE STRUGGLE FOR WORLD COMMUNISM.

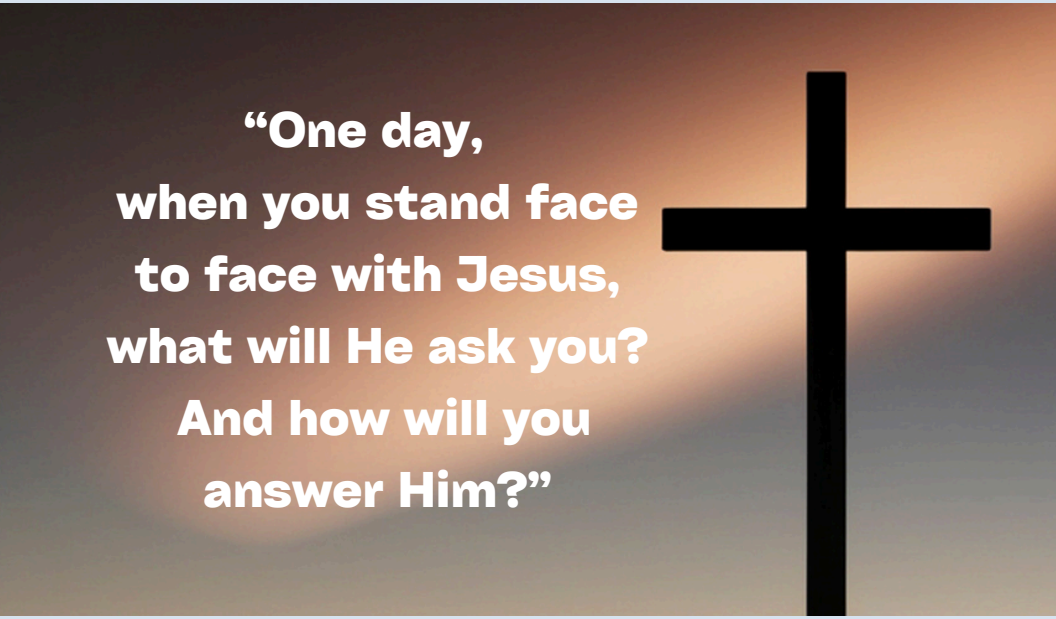
> We Communists have a philosophy of life which no amount of money could buy. We have a cause to fight for, a definite purpose in life. We subordinate our petty personal selves into a great movement of humanity, and if our personal lives seem hard, or our egos appear to suffer through subordination to the party, then we are adequately compensated by the thought that each of us in his small way is contributing to something new and true and better for mankind. There is one thing in which I am dead earnest and that is the Communist cause. It is my life, my business, my religion, my hobby, my sweetheart, my wife and mistress, my bread and meat. I work at it in the daytime and dream of it at night. Its hold on me grows, not lessens as time goes on. Therefore I cannot carry on a friend-ship, a love affair, or even a conversation without relating to this force which both drives and guides my life. I evaluate people, books, ideas and actions according to how they effect the Communist cause and by their attitude toward it. I've already been in jail because of my ideas and if necessary, I'm ready to go before a firing squad.

Continued on next page

If someone could be so radically committed to such a flawed political system such as Communism, how much more should Christians be committed to the King of kings and Lord of lords, whose **"kingdom is one that will never be destroyed"** (Daniel 7:14)? Indeed, Jesus himself declared, **"If any man will come after me, let him deny himself, and take up his cross, and follow me"** (Matt. 16:24). C.T. Studd understood the implications of Jesus' call, stating, **"If Jesus Christ be God and died for me, then no sacrifice can be too great for me to make for Him."**

In John Piper's classic **Don't Waste Your Life**, he wrote:
"God created me-and you-to live with **a single, all-embracing, all-transforming passion**, namely, a passion to **glorify God by enjoying and displaying his supreme excellence in all the spheres of life. Enjoying and displaying are both crucial.** If we try to display the excellence of God without joy in it, we will display a shell of hypocrisy and create scorn or legalism. But if we claim to enjoy his excellence and do not display it for others to see and admire, we deceive ourselves, because the mark of God-enthralled joy is to overflow and expand by extending itself into the hearts of others. **The wasted life is the life without a passion for the supremacy of God in all things for the joy of all peoples."**

Every person lives for something. Yet nothing can truly satisfy the human soul unless our lives are centered on following Jesus and helping others follow Him. Throughout church history, this calling has been known as discipleship, or disciple-making. At its core, this is what it means to be a Christian. **We were created to know Christ, become like Him, and help others do the same.** It is both our greatest privilege and our highest calling, the mission we are entrusted to pursue throughout our brief time on earth until the day we see Him face to face in heaven.



AWAKENING

At age forty-nine, God awakened me to something I had overlooked for many years.

For all of my Christian life until that time, I had attended church, studied the Bible, served in ministry, and participated in Christian activities. Yet one question began to trouble me:

If making disciples was Jesus' final command, why is it often missing from our everyday Christian lives?

Jesus' last instructions were clear:

"Go therefore and make disciples of all nations..." (Matthew 28:19)

Yet somewhere along the way, the Great Commission had often become the Great Omission. We have become good at attending church, participating in programs, and consuming biblical content, but not always at intentionally making disciples who make disciples.

This realization led me on a journey to rediscover Jesus' method of disciple-making.

I studied how Jesus invested His life in a small group of ordinary men. I explored the practices of the early church, where discipleship was not a program but a way of life. I also learned from faithful churches and disciple-making movements around the world that are seeking to recover the simplicity and power of Jesus' command.

This handbook is the fruit of that journey.

A D-Group is a simple, reproducible environment where men grow together in Christ, encourage one another in obedience, and learn to disciple others. The goal is not merely Bible knowledge, but transformed lives that increasingly reflect Jesus and help others follow Him.

Will you join us on this life-changing journey to become a disciple of Jesus and help make many more disciples of Jesus?

My prayer is that God will use this simple tool to transform men, strengthen churches, and advance His kingdom, one disciple at a time.

Be One, Make One. Leave No Man Undiscipled.

Brother Ed
a disciple-maker

D-GROUP COVENANT

As brothers in Christ, we enter into this covenant with humility and resolve. We recognize that discipleship is not casual but costly, and we commit ourselves to walk together in obedience to Jesus. By God's grace, we will encourage one another, hold each other accountable, and practice the disciplines that shape us into His likeness. This covenant is our shared pledge to pursue Christ wholeheartedly, to build one another up in love, and to prepare for multiplication so that others may also follow Him.

During the life of this group, I commit to...

1. Devotion to Christ

Give myself fully to the Lord, embracing this season as an opportunity for accelerated spiritual transformation.

2. Commitment to the Group

Be faithful to this D-Group, seeking to encourage and spur others on in their walk with Jesus.

3. Integrity in Community

Help cultivate an atmosphere of confidentiality, honesty, and transparency.

4. Faithfulness in Discipline

Practice the five core disciplines: Bible Reading and Meditation, H.E.A.R. Journals, Scripture Memory, Accountability, and Prayer.

5. Consistency in Gathering

Meet weekly with my D-Group (60–90 minutes). If unable to attend, remain engaged by sharing H.E.A.R. Journals and prayer requests.

6. Intercession for Others

Pray weekly for my fellow group members and for those in my life who do not yet know Jesus.

7. Multiplication Mindset

Pray and reach out to others (ONE). When the time comes, invite others into a new D-Group to continue multiplying.

8. Obedience in Practice

Embrace the weekly challenge, actively looking for opportunities to put Jesus' words into action.

Signed _____ Date _____

BIBLICAL FOUNDATION

Disciple-making is not a modern strategy or church program. It is God's design, modeled by Jesus and commanded in Scripture.
Before we learn the tools and practices of disciple-making, we must first understand the biblical foundations that shape our mission, message, and method.



> Christianity without discipleship is always Christianity without Christ.

disciple

noun

a learner, follower, an apprentice

•A disciple is someone who is following Jesus, being changed by Jesus, and is committed to the mission of Jesus.
-Discipleship.org

•A disciple is an apprentice of Jesus who is with Jesus, becomes like Jesus, and does what Jesus did.
-John Mark Comer

•A disciple is a follower of Jesus who Loves God, Loves People and Makes Disciples.
-Zume

And he said to them, "Follow me, and I will make you fishers of men."
Matthew 4:19

SHEMA

God's blueprint for Real-Life Discipleship



Deuteronomy 6:4-9

I **Discipleship starts with knowing who God is**

(Verse 4)
We become faithful when we truly know who God is.

II **Discipleship requires whole-person devotion**

(Verse 5)
We become available when our whole life is open to God.

III **Discipleship focuses on heart transformation**

(Verse 6)
We become teachable when God's Word shapes our hearts, not just our behavior.

IV **Discipleship happens in the daily rhythms of life.**

(Verse 7-9)
True discipleship happens in every moment of real life.

4 Hear, O Israel: The Lord
our God, the Lord is one.
5 You shall love the Lord
your God with all your
heart and with all your
soul and with all your
might.
6 And these words that I
command you today shall
be on your heart.
7 You shall teach them
diligently to your children,
and shall talk of them
when you sit in your
house, and when you
walk by the way, and
when you lie down, and
when you rise.
8 You shall bind them as a
sign on your hand, and
they shall be as frontlets
between your eyes.
9 You shall write them on
the doorposts of your
house and on your gates.

GREAT COMMISSION

Jesus' Final Command



Matthew 28:18-20

I Jesus Has All Authority

(verse 18)
When we make disciples, we go with His power, His authority, and His presence.

II Everyone Can Be a Disciple-Maker

(verse 18)
The command is for every disciple, not just pastors or leaders.

III The Command Is to Make Disciples

(verse 19)
It involves forming lives, shaping character, training people to follow Jesus

IV Jesus Is With You Always

(verse 20)
Disciple-making may feel hard, but you're never doing it alone.

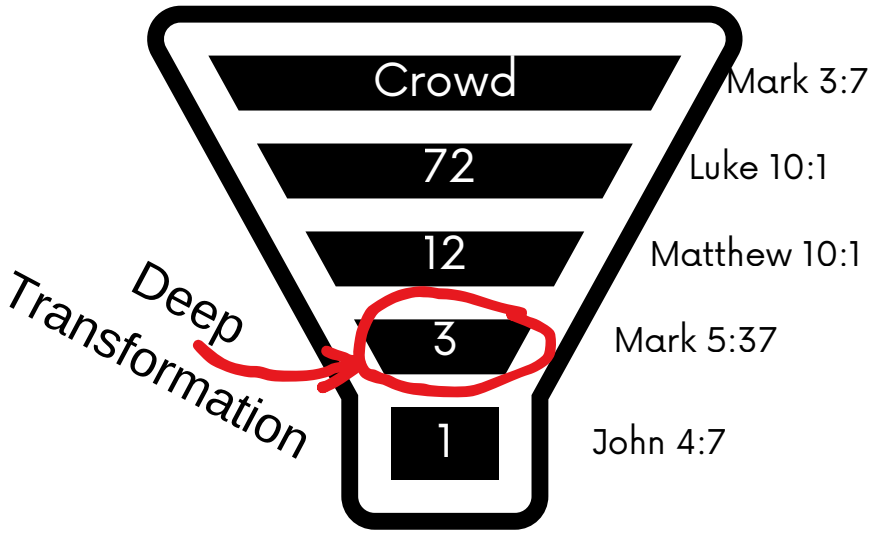
18 And Jesus came and said to them, "All authority in heaven and on earth has been given to me.

19 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 all that I have commanded you.

20 And behold, I am with you always, to the end of the age."

JESUS' WAY OF MAKING DISCIPLES

More Time on Less People
=
Deep Transformation



Although Jesus used various methods in His ministry to the lost world, He intentionally invested most of His time in a select few very **ordinary** people, transforming them into **extraordinary** leaders. That was His way of redeeming the world to His Father, and it should be our way too.

Empowerment

DISCIPLE-MAKERS

Every Leader a follower

Be imitators of me, as I am of Christ.
1 Corinthians 11:1

Every follower a leader

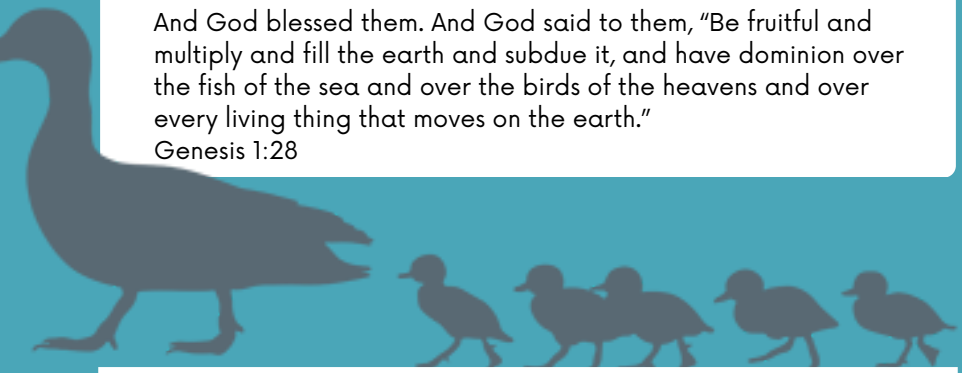
and what you have heard from me in the presence of many witnesses entrust to faithful men, who will be able to teach others also..
2 Timothy 2:2

Every disciple a disciple maker

And Jesus came and said to them, "All authority in heaven and on earth has been given to me. 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 all that I have commanded you. And behold, I am with you always, to the end of the age."
Matthew 28:18-20

Every disciple born to reproduce

And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth."
Genesis 1:28



Many Christians feel unqualified to make disciples. Yet God has entrusted every believer with this mission, regardless of age, ability, experience, or spiritual maturity. Though none of us is sufficient on our own, Christ empowers us with His presence, authority, and strength. **God is not looking for perfection, but faithfulness.**

Journey

DISCIPLE-MAKING



This disciple-making journey follows the pathway Jesus used to make disciples and advance His Kingdom. The Christian life is not merely about knowing more, but becoming more like Jesus and joining His mission. The goal is Christlikeness in every area of life, so that whatever we do, in word or deed, honors Him (Colossians 3:17). **Faithfulness is our responsibility; fruitfulness is God's work.**

Discipleship Maturity

SELF ASSESSMENT

On a scale of 1–10, rate yourself on the following statements.
(1 = very weak / rarely / unclear ··· 10 = very strong / consistent / clear)

I love God consistently by spending daily time with Him in prayer, worship, and Scripture. _____

I demonstrate love for others by serving, encouraging, and supporting those around me. _____

My character and habits visibly reflect Christ's love in my relationships _____

I regularly practice spiritual disciplines that deepen my love for God and others (prayer, worship, serving, fasting, etc.). _____

I am connected to a discipleship group or accountability relationship where love and growth are cultivated. _____

I am intentional in loving others by encouraging, supporting, and helping fellow believers grow in faith. _____

I am confident in sharing my personal testimony or the Gospel out of love for God and desire to see others transformed. _____

I actively make disciples by mentoring, guiding, and investing in others' faith journeys. _____

My vision or plan for multiplying disciples is clear, reflecting God's heart for all people to know Him. _____

I am a disciple who loves God and others. _____

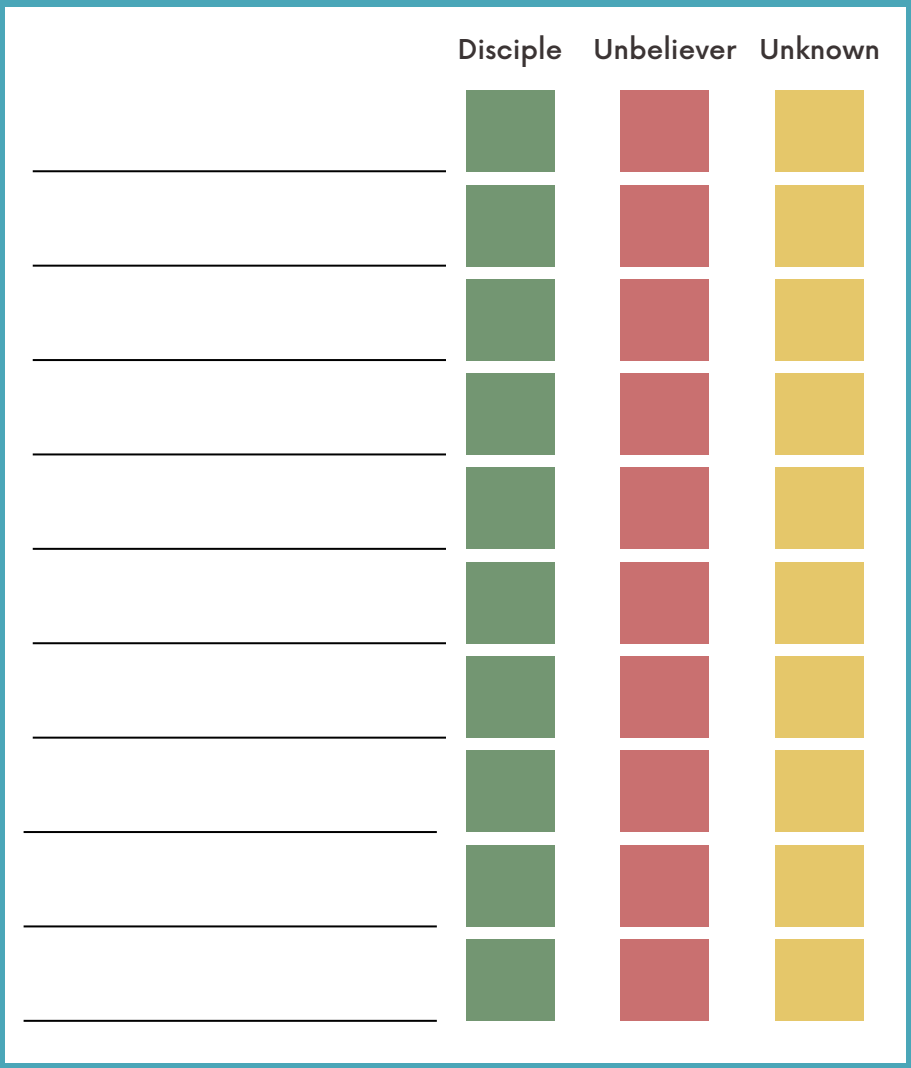
I am a disciple-maker who reflects Christ's love by helping others follow Him _____

I am ready to take the next step God is calling me to in loving Him, loving others, and making disciples. _____

Intentional Friendship

LIST OF 10

- Identify 10 people in your life and note their current spiritual status.
- Commit to pray for each of them regularly.
- Make a simple plan to connect personally (coffee, meal, walk, etc.).
- Have an intentional conversation with them about God.
- When the time is right, invite them to visit or join a D-Group.



D-GROUP ESSENTIALS

A D-Group is a simple, reproducible environment where men grow together in Christ and learn to make disciples. The tools and rhythms in this section are designed to help you build healthy habits, foster accountable relationships, and create a culture of multiplication. The goal is not merely to gain knowledge, but to become disciples who make disciples.



Dawson Trotman

> "Every disciple should have a spiritual parent, and every disciple should become a spiritual parent.

D-Group

CORE VALUES

Mission

To plant, grow, and multiply small groups of men who are becoming more like Christ and making disciples wherever God places them.

Principles

- **Open to All Men**
  Every man is welcome, regardless of age, background, spiritual maturity, or denominational affiliation.
- **Led by Peers through Rotating Leadership**
  Every disciple can lead. The goal is not dependence on experts, but multiplication through ordinary men.
- **Centered on God's Word**
  Scripture is our authority, foundation, and guide for life and discipleship.
- **Committed to Weekly Gatherings**
  Consistent and intentional relationships create the environment for spiritual growth.
- **Practicing Accountable Obedience**
  We do not merely study God's Word; we obey it and help one another follow through.

Credo

Be One, Make One. Leave No Man Undiscipled.

D-Group

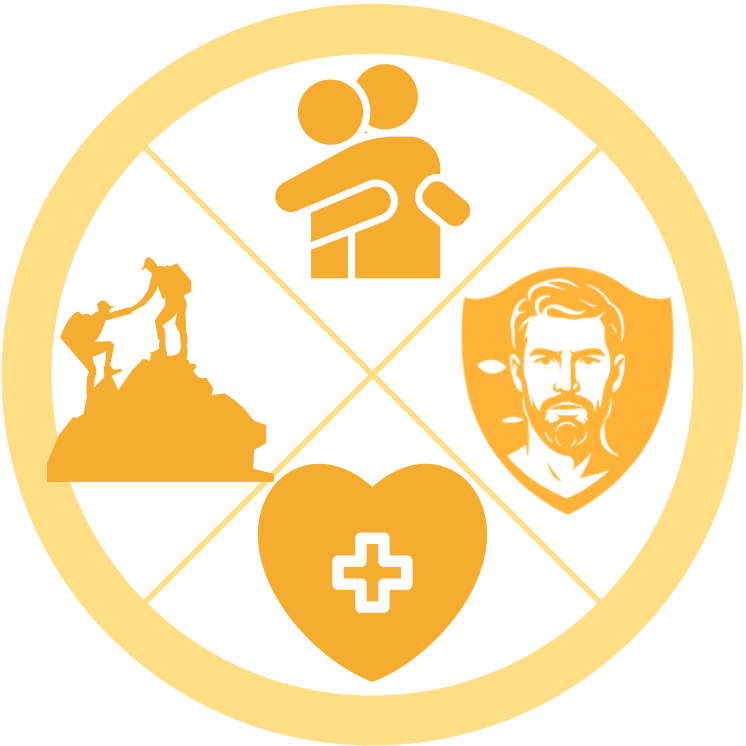
CULTURE

EMBRACES

BONDING IN RELATIONSHIPS WITH PHYSICAL HUGS TO EXPRESSES THE EMBRACE OF GOD OUR FATHER.

AUTHENTICITY

SHARING OUR TRUE SELVES TO CREATE AN ATMOSPHERE WHERE TRUE FRIENDSHIP CAN GROW WITHOUT FEAR.



CALLING ONE ANOTHER TO RESPOND TO CHALLENGES THAT GOD OR MAN GIVES US ON OUR JOURNEYS.

CHALLENGES

PURSUING PHYSICAL, EMOTIONAL AND RELATIONAL WHOLENESS AS WE LOOK TO GOD OUR HEALER.

HEALING

D-Group

LIFE CYCLE

Plant

- **Ideal size: 3–4 members, never more than 5.**
- **Groups are gender-specific for deeper trust and accountability.**
- **One member serves as leader / coordinator.**
- **All members sign the group covenant to commit together.**

Grow

Devotion

- Read the Anchor Passage at least five days each week.
- Pray through the passage using Lectio Divina at least three times each week.
- Write at least one HEAR journal entry each week.
- Memorize one or two verses from the passage each week.

Obedience

- Embrace the weekly challenge and complete it courageously.
- Move from hearing God's Word to obeying God's Word.
- Record what God shows you and how you respond in your journal.
- Share your experience with your D-Group and allow others to hold you accountable.

Consistency

- Meet weekly as a group.
- Follow the simple Five Asks process.
- Rotate leadership roles so every member has an opportunity to grow.
- Arrive on time and stay until the end... or be prepared for some lighthearted consequences, such as pushups!

Patience

- Remember that spiritual growth is a slow-cooker process, not a microwave process.
- Start where you are, not where you wish you were.
- Value faithfulness over perfection and progress over performance.
- Trust the daily and weekly rhythms to steadily move you closer to Jesus.

Multiply

- **Create a prayer list of people (Disciple / Unsaved / Unknown).**
- **Invest in them through prayer, friendship, and intentional care.**
- **As the Spirit leads, invite them to visit or join your D-Group.**
- **When ready, start a new D-Group with the support and blessing of your current group.**

WEEKLY PROCESS

01 MID-WEEK PREPARATION

“Peter the Fisherman” sends a reminder to the group, including:

- Meeting time and location
- Anchor passage for discussion
- Memory verse(s) for the week
- Any special announcements or prayer needs

02 BEGINNING OF THE MEETING

“Peter the Fisherman” leads the team to build connection and unity.

- Welcome one another with a hug
- Recite the D-Group Mission, Key Principles and Credo
- Open with prayer

03 DURING THE MEETING

P”eter the Fisherman”

- Leads the discussion using the Five-Step Weekly Meeting.
- Encourages everyone to participate, listen, and learn from one another.
- Facilitates the conversation, not a lecture.

“**The Scribe”**

- Keeps track of time.
- Gives Peter friendly reminders to stay on schedule.
- Protects the pod from rabbit trails and long-winded fish stories.

“Levi the Tax Collector”

- Records accountability commitments.
- Captures prayer requests.

04 END OF THE MEETING

Finish with Clarity and Commitment

- Confirm next week’s role assignments (Peter, Levi, and Scribe).
- “Levi the Tax Collector” posts accountability commitments and prayer requests in the group chat.
- Share a hug and go out on mission.

D-Group

WEEKLY MEETING

1 问候 Check-in — 20 Mins

Icebreaker:
From God's perspective, what was your "high" and your "low" since we last met?

2 问道 Scripture — 20 Mins

Check memory verses; Share what you learned from this week's passage: God, who are you? God, who am I? God, what do you want me to do?

3 问心 Heart — 15 Mins

What's in your heart lately?
What is God teaching you?

4 问责 Accountability — 20 Mins

- Use the 7 questions
- Emphasize grace over guilt
- Keep group sharing confidential

5 问神 Prayer — 15 Mins

Pray for each other and pray for multiplication

A successful D-Group meeting is not measured by how much information is covered, but by how faithfully members are helping one another know God's Word, obey God's Word, and make disciples.

ACCOUNTABILITY QUESTIONS

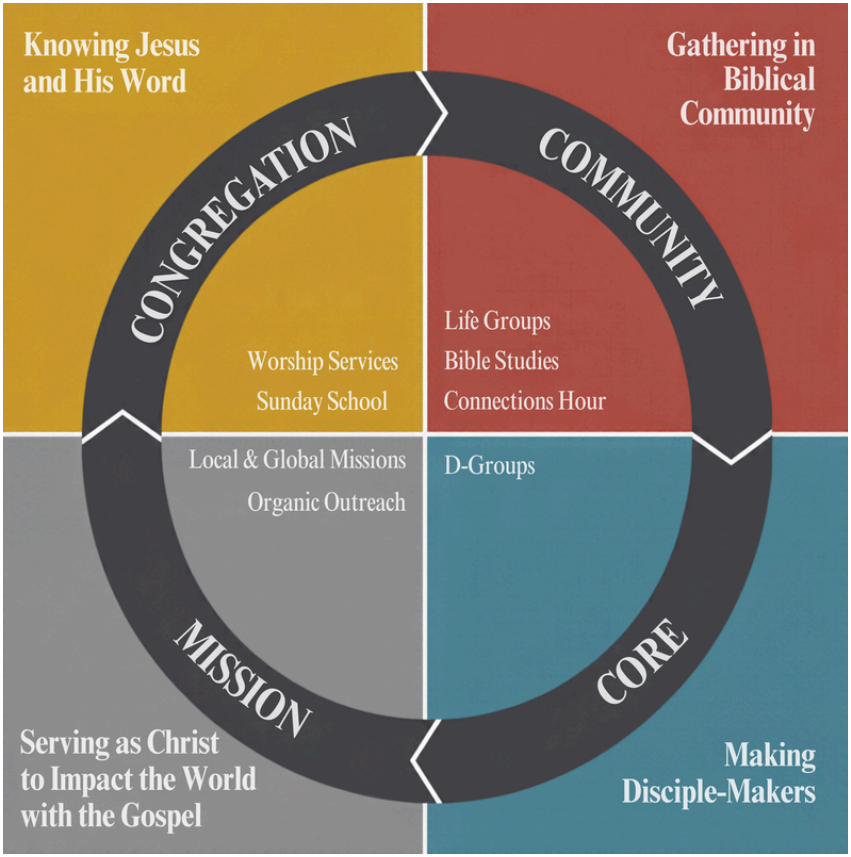
1. How have you set aside intentional time with the Lord this week in prayer and Scripture?
2. How have you taken Jesus' words seriously and put them into action this week?
3. How have you spent life-giving, intentional time with your family this week?
4. How have you been praying for and investing in your ONE this week?
5. How have you cared for your body—the temple of the Holy Spirit—through rest, diet, and exercise this week?
6. Have you struggled with or given in to any addictive behaviors this week (pornography, alcohol, tobacco, gaming, work, entertainment, etc.)?
7. What is one goal that will help you grow closer to Jesus next week, and how will you schedule it into your busy life?

Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ. Colossians 1:28

LEXICON

ROLE	DEFINITION
FISH POD	A.k.a. a D-Group. A small school of 3-5 men committed to following Jesus together, challenging one another, and eventually helping others join the pod.
FISH	A man who refuses to swim alone. He pursues God, grows with other men, and helps others follow Jesus. He brings his stories, scars, and baggage with him, but leaves his mask at the door.
NEW FISH	A first-time guest checking out the pod. No pressure, no expectations, just come and see.
PAUL, THE TENT MAKER	The leader of multiple Fish Pods. Helps launch new pods, develops leaders, and occasionally drops wisdom bombs that make everyone uncomfortable.
TIMOTHY	The leader-in-training. Learning to lead today so he can launch the next Fish Pod tomorrow.
CHIEF PHARISEE	The Fish Pod leader. Coordinates the pod, keeps things moving, occasionally sends reminder texts, and definitely insists he's not controlling anything.
BARNABAS	The encourager. Makes sure nobody slips through the cracks. Checks on drifting fish, celebrates wins, and reminds everyone they're not swimming alone.
PETER, THE FISHERMAN	The designated leader of the week. Organizes the meeting, leads the discussion, asks the questions, and occasionally says something before fully thinking it through.
THE SCRIBE	The timekeeper. Writes absolutely nothing but somehow has the authority to cut off everyone else's stories. Keeper of the clock and destroyer of rabbit trails.
LEVI, THE TAX COLLECTOR	Records accountability commitments and prayer requests, then shares them with the pod afterward. The only Tax Collector everyone is happy to see.
ONE	The one man God has placed on your heart. Pray for him, invest in him, and trust God to open the door for a future invitation into the pod.
THE DRIFTER	A fish who got caught in life's currents and hasn't been around lately. Not judged, just missed. Someone should probably text him.
JONAH	Missed a meeting without warning. Subject to gentle pursuit by Barnabas.
NICODEMUS	The guy asking deep questions that nobody saw coming.
ANDREW	The guy who keeps bringing new fish into the pod.

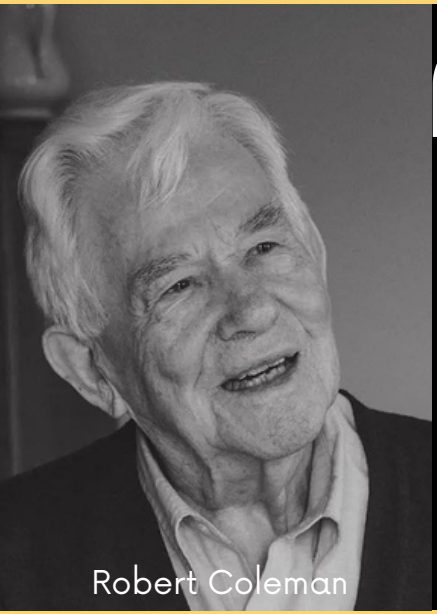
DISCIPLESHIP PATHWAY



If you make disciples, you will always get the Church.
But if you make a church, you rarely get disciples.
Mike Breen <Building a Discipling Culture>

TOOLS

Disciple-making is both simple and practical. The tools in this section, including Lectio Divina, the H.E.A.R. Journal, Bible Marking, and other helpful resources, are designed to help you engage God's Word, hear His voice, practice obedience, and grow as a disciple of Jesus. Use them consistently, adapt them as needed, and allow them to support a lifetime of following Christ and helping others do the same.



"Jesus' concern was not with programs to reach the multitudes, but with men whom the multitudes would follow.

LECTIO DIVINA

START

- Play some soft background music
- Take a few deep breath; Gently close your eyes if you want
- Slowly turn your attention to God
- Ask God to give you the grace of Holy Spirit to listen carefully to His voice

1. READ (LECTIO):

Read the passage slowly and attentively. What word or phrase captures your attention?

2. REFLECT (MEDITATIO):

Read the passage again. What might God be saying to you through that word or phrase? What emotions or thoughts does it stir?

3. RESPOND (ORATIO):

Read the passage again. Talk to God about what stood out. Invite Him to speak into your needs and trust.

4. REST (CONTEMPLATIO):

Be still in God's presence. Let His Word settle in your heart.

END

- Recite the Lord's prayer with confidence.

"Lectio divina is a way of cultivating friendship with Christ."
— Pope Benedict XVI

Engage with God's words

HEAR JOURNAL

HIGHLIGHT

What verse or phrase stood out to you?

EXPLAIN

What is the context? What does this text tell us about GOD/JESUS? What does this text tell us about PEOPLE?

APPLY

How does this truth apply to your life right now? What does GOD want me to do?

RESPOND

Write a prayer or action step in response.

"The H.E.A.R. journaling method promotes reading the Bible with a life-transforming purpose. No longer will your focus be on checking off the boxes on your daily reading schedule; your purpose will instead be to read in order to understand and respond to God's Word."
— Robby Gallaty

An Example

HEAR JOURNAL

HIGHLIGHT

"I am able to do all things through Him who strengthens me." Philippians 4:13

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.

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.

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.

Simple & Actionable

BIBLE MARKING

GOAL

Know God & Myself → Follow Jesus → Make Disciples

COLOR HIGHLIGHTS

Blue: God, who are you?

Character • Actions • Promises • Presence • Purposes

Orange: Father, who am I? Old Self

Sin • Pride • Fear • Weakness • Warnings • Brokenness

Purple: Father, who am I? New Self

Beloved • Forgiven • Redeemed • Adopted • Justified • Saint

Green: Jesus, what do you want me to do?

Commands • Obedience • Repentance • Faith • Application

YELLOW: SPIRIT, HOW SHALL I PRAY?

Praise • Confession • Thanksgiving • Supplication • Intercession • Surrender

TEXT MARKS

Main Idea

Repeated word/theme

OT quote/ fulfillment/ reference

ACTION MARKS

Memorize: A verse worth hiding in your heart.

Study: Something unclear and need further study

Practice: A spiritual discipline to practice

Pray: Turn this into prayer

ANCHOR PASSAGES

Week	Passage	Theme	Memory Verse
1	Mk 1:14-15	The Kingdom Is Here	Mk 1:15
2	Lk 17:20-21	Kingdom Among You	Lk 17:21
3	Mt 13:31-33	Kingdom Like a Mustard Seed	Mt 13:31
4	Mt 13:44-46	Kingdom Like Treasure & Pearl	Mt 13:44
5	Jn 3:1-8	New Birth	Jn 3:3
6	Ezk 36:26-28	New Heart	Ezk 36:26
7	Lk 14:25-33	Counting the Cost Before Entering	Lk 14:27
8	Mt 6:31-34	Entering Through Seeking	Mt 6:33
9	Mt 7:13-14	Entering Through the Narrow Gate	Mt 7:14
10	Mt 7:21-23	Entering Through Obedience	Mt 7:21
11	Mk 10:13-16	Entering Like a Child	Mk 10:15
12	1 Jn 1:5-10	Walk in the Light	1 Jn 1:9
14	Mt 22:34-40	Greatest Commandment	Mt 22:37-39
15	Mt 11:25-30	Come to Jesus	Mt 11:29
16	Jn 15:1-9	Abide in Christ	Jn 15:5
17	Col 3:12-17	Putting on Kingdom Character	Col 3:12
18	Rom 12:1-2	Renewing the Mind	Rom 12:2
19	Mt 6:5-13	Prayer as Life with God	Mt 6:9-10
20	Ps 1:1-6	Meditating on Scripture	Ps 1:2
21	Ps 46:1-11	Practicing Solitude & Silence	Ps 46:10
22	Phil 2:1-11	Practicing Humility	Phil 2:3
23	Rom 5:1-5	Rejoicing in Suffering	Rom 5:3-4
24	Heb 12:1-3	Enduring the Race	Heb 12:2
25	Mt 28:16-20	Go and Make Disciples	Mt 28:19

Week	Passage	Theme	Memory Verse
27	Mt 4:18-22	Calling Disciples	Mt 4:19
28	Jn 4:39-42	Mobilizing Ordinary People	Jn 4:39
29	Mk 3:13-19	Life-on-Life Discipleship	Mk 3:14
30	Jn 13:12-17	Modeling Kingdom Life	Jn 13:15
31	Lk 9:23-27	Calling to Commitment	Lk 9:23
32	Lk 22:24-32	Leading Through Humility	Lk 22:26
33	Mk 1:35-39	Time with the Father	Mk 1:35
34	Jn 13:31-35	Loving One Another	Jn 13:35
35	Mt 14:22-32	Learning Through Failure	Mt 14:29
36	Jn 17:13-19	Praying for Disciples	Jn 17:17
37	Mt 9:35-38	Developing Compassion	Mt 9:38
38	Lk 10:1-9	Sending Disciples	Lk 10:2
40	Gen 1:28-31	Be Fruitful and Multiply	Gen 1:28
41	2 Tim 2:1-7	Entrusting to Faithful Men	2 Tim 2:2
42	Col 1:24-29	Presenting Everyone Mature in Christ	Col 1:28
43	1 Thess 2:7-12	Spiritual Parenting	1 Thess 2:8
44	Phil 3:17-21	Imitate the Disciple-Maker	Phil 3:17
45	Ex 18:17-26	Developing Leaders	Ex 18:21
46	Eph 4:11-16	Equipping the Saints	Eph 4:12
47	Titus 1:5-9	Appointing Leaders	Titus 1:5
48	Acts 13:1-3	Sending Leaders	Acts 13:3
49	Titus 2:1-8	Multiplying Through Example	Titus 2:7
50	Deut 6:4-9	Passing Faith to the Next Generation	Deut 6:5
51	2 Tim 4:1-8	Finishing the Race and Passing the Baton	2 Tim 4:7

These carefully selected passages provide a biblical pathway for understanding God's Kingdom and growing as a disciple-maker. Read them slowly and repeatedly using Lectio Divina and the H.E.A.R. Journal, and memorize the weekly verses to hide God's Word in your heart. For convenience, the memory verses are available in the **Remember Me | Bible Memory app.**

TOP 20 PSALMS

Psalm	Theme	Key Verse	Read When You Feel...
1	The Blessed Life	"His delight is in the law of the LORD." (1:2)	Distracted, spiritually dry, tempted by the world
2	The Messiah King	"Blessed are all who take refuge in him." (2:12)	Discouraged by culture, evil, opposition
8	Human Worth & God's Glory	"What is man that you are mindful of him?" (8:4)	Insignificant, insecure, lacking purpose
19	Creation & Scripture	"The heavens declare the glory of God." (19:1)	Seeking wisdom, wonder, or direction
22	The Suffering Messiah	"My God, my God, why have you forsaken me?" (22:1)	Abandoned, suffering, confused by pain
23	The Good Shepherd	"The LORD is my shepherd." (23:1)	Anxious, fearful, uncertain about the future
24	The King of Glory	"Who is this King of glory?" (24:10)	Preparing for worship, wanting to honor God
27	Trust Over Fear	"The LORD is my light and my salvation." (27:1)	Afraid, threatened, facing major decisions
32	Forgiveness	"Blessed is the one whose transgression is forgiven." (32:1)	Burdened by guilt, hiding sin
34	God's Deliverance	"Taste and see that the LORD is good." (34:8)	Discouraged, worried, needing encouragement
46	God Our Refuge	"Be still, and know that I am God." (46:10)	Overwhelmed, stressed, in crisis
51	Repentance	"Create in me a clean heart, O God." (51:10)	Convicted of sin, needing restoration
63	Thirsting for God	"O God, you are my God; earnestly I seek you." (63:1)	Spiritually hungry, longing for God
84	Longing for God's Presence	"How lovely is your dwelling place, O LORD of hosts!" (84:1)	Feeling distant from God, longing for worship and fellowship
90	Number Your Days	"Teach us to number our days." (90:12)	Evaluating life, aging, reprioritizing
91	God's Protection	"He who dwells in the shelter of the Most High..." (91:1)	Vulnerable, fearful, facing danger
103	Remember God's Benefits	"Forget not all his benefits." (103:2)	Ungrateful, discouraged, forgetting God's goodness
119	Love for God's Word	"I have stored up your word in my heart." (119:11)	Seeking guidance, building disciplines
121	God's Help	"My help comes from the LORD." (121:1-2)	Overwhelmed, weary, needing strength
139	God Knows Me	"Search me, O God, and know my heart." (139:23)	Lonely, misunderstood, needing heart examination

The Psalms are God's prayer book for His people. All 150 psalms are valuable, but these are some of my favorites. Learn the theme, key verse, and situation/emotion for each psalm, and you'll be able to quickly turn to the right psalm when facing similar circumstances.

DISCIPLE-MAKERS RESOURCES

Books

- Wild at Heart by John Eldredge
- Born to Reproduce by Dawson Trotman
- The Master Plan of Evangelism by Robert Coleman
- My Utmost for His Highest by Oswald Chambers
- The Spirit of Disciplines by Dallas Willard
- Celebration of Discipline by Richard Foster
- Practice the Way by John Mark Comer
- Don't Waste Your Life by John Piper

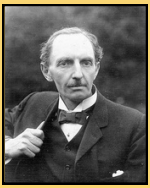
Apps

- Lectio 365
- Pause by John Eldredge
- YouVersion Bible
- Remember Me | Bible Memory
- Seven by Perigee

Podcast

- The Disciple Maker's Podcast
- The Dallas Willard Podcast
- Making Disciples with Robby Gallaty
- BetterMan Podcast
- Wild at Heart Podcast
- Practicing the Way with John Mark Comer

MEET THE DISCIPLE-MAKERS



C. T. Studd (1860–1931)

A former English cricket star who gave up wealth, fame, and comfort to serve as a missionary in China, India, and Africa. Studd believed that Christ deserved wholehearted devotion and challenged believers to invest their lives in what will matter for eternity. His famous conviction was that only what is done for Christ will last.
Key Works: The Chocolate Soldier, Only One Life



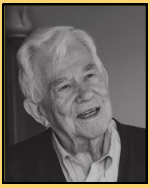
Dietrich Bonhoeffer (1906–1945)

A German pastor and theologian who opposed the Nazi regime and was ultimately executed for his faith. Bonhoeffer taught that discipleship is costly, requiring believers to deny themselves and follow Jesus wholeheartedly. He warned against “cheap grace” and emphasized obedience as the true evidence of faith.
Key Works: The Cost of Discipleship, Life Together



Dawson Trotman (1906–1956)

Founder of The Navigators and a pioneer in modern disciple-making. Trotman devoted his life to helping ordinary Christians know Scripture, walk with Christ, and disciple others. He believed every disciple should have a spiritual parent and become a spiritual parent to someone else.
Key Works: Born to Reproduce, Follow Me



Robert Coleman (1928–)

A pastor, evangelist, and disciple-making pioneer whose teachings helped renew the church’s focus on Jesus’ method of making disciples. Coleman emphasized that lasting Kingdom impact comes not through programs or crowds, but through investing deeply in a few people who will reproduce their lives in others.
Key Works: The Master Plan of Evangelism, The Master Plan of Discipleship



Dallas Willard (1935–2013)

A philosopher and spiritual formation teacher whose writings helped many rediscover discipleship as apprenticeship to Jesus. Willard taught that the Kingdom of God is available now and that spiritual disciplines position us to be transformed by God. His emphasis was not merely believing in Jesus, but learning to live as Jesus lived.
Key Works: The Divine Conspiracy, Renovation of the Heart, The Spirit of the Disciplines

These men of God, along with many others known and unknown, have made significant contributions to the disciple-making movement throughout history. Yet God does not call us to be famous disciple-makers, but faithful disciples. What matters is not recognition, but obedience: “If you love me, you will keep my commandments” (John 14:15).

52 WEEKS CHALLENGE

Jesus began His ministry by proclaiming the arrival of the Kingdom of God. The Kingdom is not only about eternity, but also about living under God's reign here and now. Throughout this journey, we will learn how to enter the Kingdom, live in it, advance it, and multiply disciples who do the same. As we engage Scripture, practice spiritual disciplines, and encourage one another, God will shape us into disciple-makers who reflect Christ in every area of life.



"We mistakenly think the way to grow is to try harder, when the way to grow is to train.

How do we become disciples of Jesus?

Enter → Live → Advance → Multiply

Quarter 1

Entering the Kingdom of God

The Kingdom of God is not merely a future destination but the present reality of God's rule and reign. In this quarter, we will explore Jesus' invitation to repentance, faith, surrender, and obedience. Through His teachings, we will learn what it means to be born into God's Kingdom and become an apprentice of Jesus. The goal is to help each man establish a firm foundation as a follower of Christ and begin living under His authority.

WEEK 1

Anchor Passage

Mark 1:14-15
The Kingdom Is Here

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Mark 1:15
- Challenge: Practice "Kingdom awareness" each day and record where you see God at work.
- Write what God showed you and how you responded.

🔄 Repentance

WEEK 2

Anchor Passage

Luke 17:20-21
Kingdom Among You

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Luke 17:21
- Challenge: Ask God to help you recognize His Kingdom in everyday situations.
- Write what God showed you and how you responded.

👀 Awareness

WEEK 3

Anchor Passage

Matthew 13:31-33
Kingdom Like a Mustard Seed

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Matthew 13:31
- Challenge: Take one small step of faith and trust God to grow it.
- Write what God showed you and how you responded.

WEEK 4

Anchor Passage

Matthew 13:44-46
Kingdom Like
Treasure & Pearl

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Matthew 13:44
- Challenge: Identify one competing treasure in your life and place Christ first this week.
- Write what God showed you and how you responded.

WEEK 5

Anchor Passage

John 3:1-8
New Birth

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: John 3:3
- Challenge: Pray for spiritual renewal and ask God to deepen your understanding of life in His Kingdom.
- Write what God showed you and how you responded.

WEEK 6

Anchor Passage

Ezekiel 36:26-28
New Heart

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Ezekiel 36:26
- Challenge: Ask God to transform one stubborn attitude or habit in your life.
- Write what God showed you and how you responded.

❤️ Transformation

WEEK 7

Anchor Passage

Luke 14:25-33
Counting the Cost Before Entering

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Luke 14:27
- Challenge: Identify one sacrifice Jesus may be asking you to make.
- Write what God showed you and how you responded.

WEEK 8

Anchor Passage

Matthew 6:31-34
Entering Through Seeking

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Matthew 6:33
- Challenge: Begin each day by seeking God's Kingdom before anything else.
- Write what God showed you and how you responded.

WEEK 9

Anchor Passage

Matthew 7:13-14
Entering Through the Narrow Gate

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Matthew 7:14
- Challenge: Make one difficult but God-honoring decision this week.
- Write what God showed you and how you responded.

WEEK 10

Anchor Passage

Matthew 7:21-23
Entering Through Obedience

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Matthew 7:21
- Challenge: Obey one command of Jesus that you have been neglecting.
- Write what God showed you and how you responded.

WEEK 11

Anchor Passage

Mark 10:13-16
Entering Like a Child

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Mark 10:15
- Challenge: Trust God with one area of anxiety, uncertainty, or fear.
- Write what God showed you and how you responded.

WEEK 12

Anchor Passage

1 John 1:5-10
Walk in the Light

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: 1 John 1:9
- Challenge: Practice confession and transparency before God and, if appropriate, a trusted brother.
- Write what God showed you and how you responded.

🔦 Confession

WEEK 13

- Make up a missed week of reading or practice.
- Celebrate what the group has accomplished together.
- Take a break and rest in God's grace.

🎉 Celebration & Reflection

How do disciples grow in the Kingdom?

Enter → Live → Advance → Multiply

Quarter 2

Living in the Kingdom of God

Entering the Kingdom is only the beginning. Jesus calls His followers to abide in Him and increasingly reflect His character. In this quarter, we will focus on spiritual formation through practices such as prayer, Scripture meditation, solitude, confession, service, and community. As we learn to live in God's presence and cooperate with the work of the Holy Spirit, our hearts, minds, and actions will be transformed to become more like Christ.

WEEK 14

Anchor Passage

Matthew 22:34-40 Greatest Commandment

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Matthew 22:37-39
- Challenge: Intentionally love God and one other person every day this week.
- Write what God showed you and how you responded.

❤️ Love

WEEK 15

Anchor Passage

Matthew 11:28-30
Come to Jesus

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Matthew 11:29
- Challenge: Bring one burden to Jesus each day and learn to rest in Him.
- Write what God showed you and how you responded.

💧 Rest

WEEK 16

Anchor Passage

John 15:1-5
Abide in Christ

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: John 15:5
- Challenge: Spend ten minutes daily abiding with Christ through prayer and reflection.
- Write what God showed you and how you responded.

WEEK 17

Anchor Passage

Colossians 3:12-17
Putting on Kingdom Character

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Colossians 3:12
- Challenge: Practice one Christlike character quality this week.
- Write what God showed you and how you responded.

❤️ Character

WEEK 18

Anchor Passage

Romans 12:1-2
Renewing the Mind

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Romans 12:2
- Challenge: Replace one unhealthy thought pattern with God's truth.
- Write what God showed you and how you responded.

WEEK 19

Anchor Passage

Matthew 6:9-13
Prayer as Life with God

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Matthew 6:9-13
- Challenge: Pray through the Lord's Prayer every day this week.
- Write what God showed you and how you responded.

🙏 Prayer

WEEK 20

Anchor Passage

Psalm 1:1-6
Meditating on Scripture

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Psalm 1:2
- Challenge: Meditate this verse each day and apply it to your life.
- Write what God showed you and how you responded.

📖 Scripture

WEEK 21

Anchor Passage

Psalm 46:8-11
Practicing Solitude & Silence

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Psalm 46:10
- Challenge: Spend ten minutes each day in silence before God.
- Write what God showed you and how you responded.

WEEK 22

Anchor Passage

Philippians 2:3-8
Practicing Humility

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Philippians 2:3
- Challenge: Put another person's interests ahead of your own in a practical way.
- Write what God showed you and how you responded.

WEEK 23

Anchor Passage

Romans 5:1-5
Rejoicing in Suffering

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Romans 5:3-4
- Challenge: Thank God for a difficulty you are facing and ask what He is teaching you through it.
- Write what God showed you and how you responded.

WEEK 24

Anchor Passage

Hebrews 12:1-3
Enduring the Race

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Hebrews 12:2
- Challenge: Identify one obstacle hindering your spiritual growth and remove it.
- Write what God showed you and how you responded.

WEEK 25

Anchor Passage

Matthew 28:16-20
Go and Make Disciples

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Matthew 28:18-20
- Challenge: Begin praying intentionally for one person you can disciple.
- Write what God showed you and how you responded.

WEEK 26

- Make up a missed week of reading or practice.
- Celebrate what the group has accomplished together.
- Take a break and rest in God's grace.

🎉 Celebration & Reflection

How Did Jesus Make Disciples?

Enter → Live → Advance → Multiply

Quarter 3

Advancing the Kingdom of God

Jesus advanced His Kingdom by investing deeply in a few men who would eventually reach the world. In this quarter, we will study His disciple-making model and learn how He invited, trained, challenged, encouraged, and sent His followers into mission. We will discover that every disciple is called to help others follow Jesus and that disciple-making is God's primary strategy for advancing His Kingdom from one generation to the next.

WEEK 27

Anchor Passage

Matthew 4:18-22
Calling Disciples

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Matthew 4:19
- Challenge: Identify one person God may be calling you to invest in spiritually.
- Write what God showed you and how you responded.

👥 Invitation

WEEK 28

Anchor Passage

John 4:39-42
Mobilizing Ordinary People

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: John 4:39
- Challenge: Share your testimony or what Jesus is teaching you with one person this week.
- Write what God showed you and how you responded.

📣 Witness

WEEK 29

Anchor Passage

Mark 3:13-19
Life-on-Life Discipleship

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Mark 3:14
- Challenge: Spend intentional time with someone for spiritual encouragement and growth.
- Write what God showed you and how you responded.

🤝 Presence

WEEK 30

Anchor Passage

John 13:12-17
Modeling Kingdom Life

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: John 13:15
- Challenge: Lead through example rather than instruction this week.
- Write what God showed you and how you responded.

 Example

WEEK 31

Anchor Passage

Luke 9:23-27
Calling to Commitment

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Luke 9:23
- Challenge: Take one costly step of obedience in following Jesus.
- Write what God showed you and how you responded.

WEEK 32

Anchor Passage

Luke 22:24-30
Leading Through Humility

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Luke 22:26
- Challenge: Choose the servant's role in a situation where you could seek recognition.
- Write what God showed you and how you responded.

⭐ Leadership

WEEK 33

Anchor Passage

Mark 1:35-39
Time with the Father

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Mark 1:35
- Challenge: Meet with God before beginning your day and prioritize time alone with Him.
- Write what God showed you and how you responded.

🤫 Solitude & Silence

WEEK 34

Anchor Passage

John 13:31-35
Loving One Another

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: John 13:34-35
- Challenge: Demonstrate Christlike love toward someone who may be difficult to love.
- Write what God showed you and how you responded.

❤️ Love

WEEK 35

Anchor Passage

Matthew 14:25-31
Learning Through Failure

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Matthew 14:29
- Challenge: Take one faith-filled risk and trust God with the outcome.
- Write what God showed you and how you responded.

WEEK 36

Anchor Passage

John 17:13-19
Praying for Disciples

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: John 17:17
- Challenge: Pray daily for the spiritual growth and protection of someone you are influencing.
- Write what God showed you and how you responded.

🙏 Intercession

WEEK 37

Anchor Passage

Matthew 9:35-38
Developing Compassion

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Matthew 9:38
- Challenge: Pray for people who are spiritually lost and look for an opportunity to serve someone this week.
- Write what God showed you and how you responded.

WEEK 38

Anchor Passage

Luke 10:1-5
Sending Disciples

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Luke 10:2
- Challenge: Step into one ministry, evangelistic, or disciple-making opportunity this week.
- Write what God showed you and how you responded.

WEEK 39

- Make up a missed week of reading or practice.
- Celebrate what the group has accomplished together.
- Take a break and rest in God's grace.

🎉 Celebration & Reflection

How Do We Develop Disciple-Makers Who Multiply?

Enter → Live → Advance → Multiply

Quarter 4

Multiplying the Kingdom of God

Disciple-making happens through intentional relationships and spiritual multiplication. In this quarter, we will examine how D-Groups foster accountability, spiritual growth, leadership development, and mission. We will learn how ordinary men can help others follow Jesus, develop future leaders, and multiply D-Groups that continue advancing God's Kingdom wherever God places them.

WEEK 40

Anchor Passage

Genesis 1:28-31
Be Fruitful and Multiply

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Genesis 1:28
- Challenge: Pray that God would multiply your life through others and show you who to invest in this year.
- Write what God showed you and how you responded.

WEEK 41

Anchor Passage

Colossians 1:24-29
Presenting Everyone Mature in Christ

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Colossians 1:28
- Challenge: Focus on helping one person grow toward spiritual maturity.
- Write what God showed you and how you responded.

WEEK 42

Anchor Passage

2 Timothy 2:1-7
Entrusting to Faithful Men

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: 2 Timothy 2:2
- Challenge: Identify one person you can intentionally develop as a future disciple-maker.
- Write what God showed you and how you responded.

WEEK 43

Anchor Passage

1 Thessalonians 2:7-12
Spiritual Parenting

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: 1 Thessalonians 2:8
- Challenge: Invest relationally in a younger believer by encouraging, listening, praying, or spending intentional time together.
- Write what God showed you and how you responded.

WEEK 44

Anchor Passage

Philippians 3:17-21
Imitate the Disciple-Maker

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Philippians 3:17
- Challenge: Live intentionally as an example worth following in your speech, attitudes, and actions.
- Write what God showed you and how you responded.

🧺 Example

WEEK 45

Anchor Passage

Exodus 18:17-23
Developing Leaders

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Exodus 18:21
- Challenge: Delegate a responsibility to another person and help him succeed rather than doing everything yourself.
- Write what God showed you and how you responded.

⭐ Leadership

WEEK 46

Anchor Passage

Ephesians 4:11-16
Multiplying Leaders

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Ephesians 4:12
- Challenge: Help another believer discover, develop, or use a spiritual gift in service to others.
- Write what God showed you and how you responded.

WEEK 47

Anchor Passage

Titus 1:5-9
Appointing Leaders

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Titus 1:5
- Challenge: Pray for future leaders and identify character qualities God is developing in them.
- Write what God showed you and how you responded.

⭐ Leadership

WEEK 48

Anchor Passage

Acts 13:1-3
Sending Leaders

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Acts 13:3
- Challenge: Encourage someone to step into greater leadership.
- Write what God showed you and how you responded.

WEEK 49

Anchor Passage

Titus 2:1-8
Multiplying Through Example

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Titus 2:7
- Challenge: Mentor someone by sharing your life. Let your example reinforce your teaching.
- Write what God showed you and how you responded.

🧺 Example

WEEK 50

Anchor Passage

Deuteronomy 6:4-9
Passing Faith to the Next Generation

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: Deuteronomy 6:7
- Challenge: Share biblical truth with a younger person, family member, or new believer this week.
- Write what God showed you and how you responded.

WEEK 51

Anchor Passage

2 Timothy 4:1-8
Finishing the Race and Passing the Baton

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memory Verse: 2 Timothy 4:7
- Challenge: Consider who will carry on the mission after you and take one step to invest in that person.
- Write what God showed you and how you responded.

🏁 Finish Well

WEEK 52

- Make up a missed week of reading or practice.
- Celebrate what the group has accomplished together.
- Take a break and rest in God's grace.

🎉 Celebration & Reflection

Join the Movement

Join our Disciple-Maker group on WhatsApp!

Register your group and order the handbook in print!

山前团契

trailheadfellowship.com

D Group

INTO THE MARVELOUS LOVE OF GOD

BE ONE
MAKE ONE

LEAVE NO MEN UNDISCIPLED