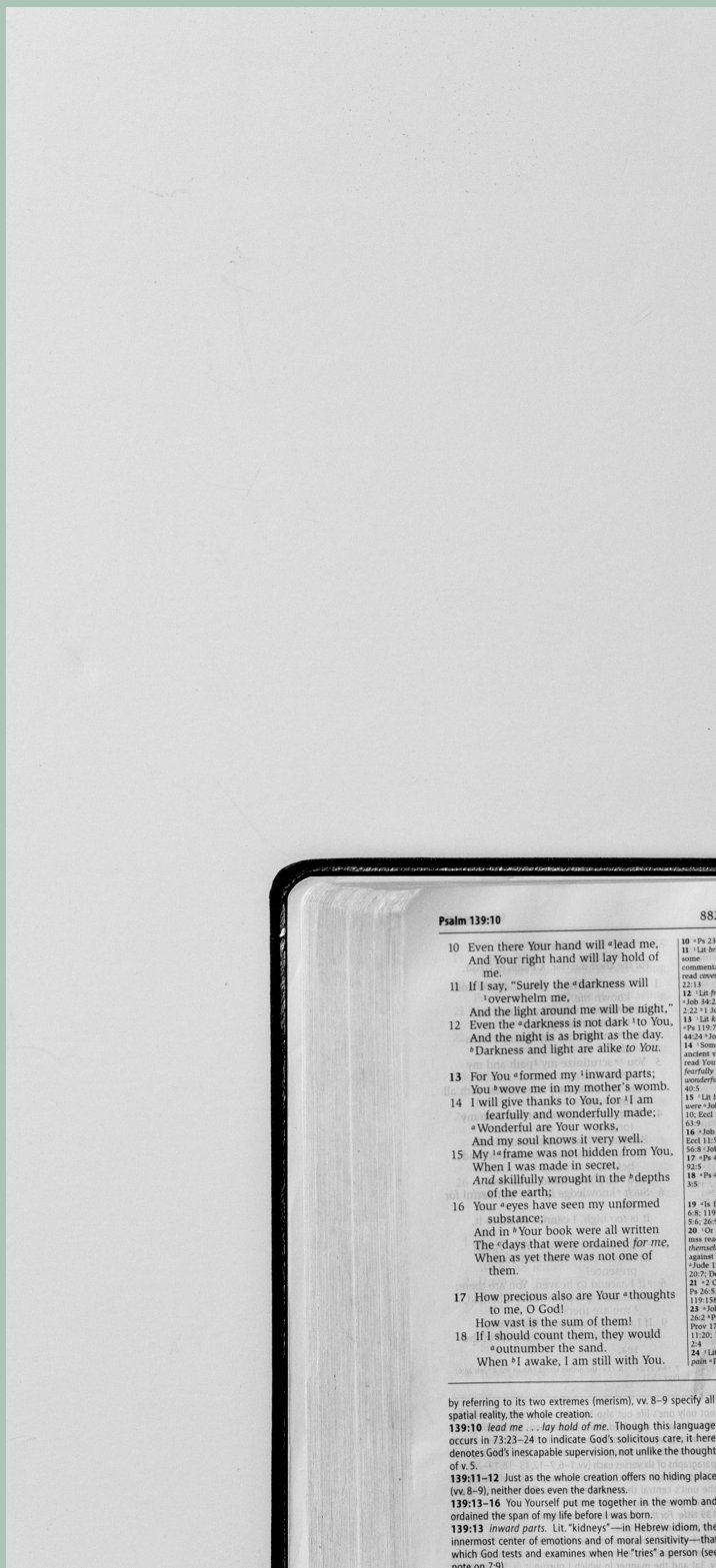
DISCIPLESHIP



GROW WITH OTHERS

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HOW THIS WORKS

Discipleship is an important process for every believer that provides initmate friendships, an environment of accountability, and cultivates a life rooted deeply in God's Word.

Join us in 2023 as we kick off Discipleship Groups, or a D-Group. A D-Group is a gender-specific, closed group of 3-5 believers who meet together weekly for the purpose of spiritual transformation.

Step 1: Form a D-Group.
A D-Group consists of believers who desire a deeper walk with Christ. It is a gender-specific, closed group of 3-5 believers who meet together weekly for the purpose of spiritual transformation. A person joins the D-Group by invitation only. Find out more about D-Groups in the Appendix of this booklet.

Step 2: Decide where to meet.
Find a meeting place away from the church. Restaurants, coffee shops, bookstores, diners, 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. Be sure to select a place that is convenient to all group members.

HOW THIS WORKS

Step 3: Decide the time.
Ideally, you should meet once a week for about an hour to an hour and a half. You can meet more frequently, but it is important that you meet at least once a week. This schedule does not prohibit those you are discipling from calling you throughout the week or coming by for counsel when needed. It is important to remember that discipleship is about the relationship between you and your group members, not about checking a requirement box. Disciple-making is a way of life, not a program.

Step 4: Register your D-Group.
Register your D-Group today at trinityada.church/dgroups. This will allow us to send you tools, encouragement, etc. throughout the year.

Step 5: Have your first D-Group!
Meet with your D-Group at your selected time and day of the week. We have provided some Get to Know you questions for your first meeting in the back of this booklet. We have also provided a Growth and Discipleship Assessment for each member to go through and share their areas of needed growth with one another. This allows your group to keep you accountable to grow in these areas. There is a page of Accountability Questions as well. We recommend making a habit of asking these questions each time you meet.

F260 BIBLE READING PLAN

A BIBLE READING PLAN FOR BUSY BELIEVERS

WEEK 1
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Genesis 6-7
Genesis 8-9
Job 1-2

Memory Verses:
Genesis 1:27
Hebrews 11:7

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Memory Verses:
Hebrews 11:6
Hebrews 11:8-10

WEEK 3
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Genesis 24
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Genesis 37

Memory Verses:
2 Corinthians 10:12
1 John 3:18

WEEK 5
Genesis 39-40
Genesis 41
Genesis 42-43
Genesis 44-45
Genesis 46-47

Memory Verses:
Romans 8:28-30
Ephesians 3:20-21

WEEK 6
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Genesis 50 – Exodus 1
Exodus 2-3
Exodus 4-5
Exodus 6-7

Memory Verses:
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Hebrews 11:24-26

WEEK 7
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Exodus 12
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Exodus 16-17

Memory Verses:
John 1:29
Hebrews 9:22

WEEK 8
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Exodus 24-25
Exodus 26-27
Exodus 28-29
Exodus 30-31

Memory Verses:
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Galatians 5:14

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Exodus 34-36:1
Exodus 40
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Deuteronomy 6-7

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1 Corinthians 3-4

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1 Corinthians 13-14

Memory Verses:
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1 Corinthians 13:13

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2 Corinthians 3-4
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2 Corinthians 7-8

Memory Verses:
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1 Corinthians 15:3-4

WEEK 44
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Memory Verses:
Romans 8:1
Romans 12:1-2

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Memory Verses:
Acts 20:24
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WEEK 47
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Philippians 3:7-8
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Hebrews 10
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2 Peter 2-3
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Psalm 139:15-16

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Proverbs 16-18
Proverbs 31
1 Kings 11-12

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Proverbs 3:5-6

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Psalm 63:1

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Memory Verses:
Zephaniah 3:17
1 Peter 3:15

WEEK 28
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Memory Verses:
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Nehemiah 6:9
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John 16
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Memory Verses:
Matthew 28:18-20
Acts 1:8

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Acts 6
Acts 7
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Acts 12
Acts 13-14
James 1-2
James 3-5

Memory Verses:
James 1:2-4
James 2:17

HEAR JOURNAL

HOW TO COMPLETE A HEAR JOURNAL.

The acronym **H.E.A.R**. stands for **Highlight, Explain, Apply, and Respond**. Each of these four steps contributes to creating an atmosphere to hear God speak. After settling on a reading plan and establishing a time for studying God's Word, you will be ready to H.E.A.R. from God.

For an illustration, let's assume that you begin your quiet time in the book of 2 Timothy, and today's reading is the first chapter of the book. Before reading the text, pause to sincerely ask God to speak to you. It may seem trite, but it is absolutely imperative that we seek God's guidance in order to understand His Word(1 Corinthians 2:12-14). Every time we open our Bibles, we should pray the simple prayer that David prayed: *"Open my eyes, that I may behold wondrous things out of your law (Word)"* (Psalm 119:18).

After praying for the Holy Spirit's guidance, open your notebook or journal, and at the top left-hand corner, write the letter H. This exercise will remind you to read with a purpose. In the course of your reading, one or two verses will usually stand out and speak to you. After reading the passage of Scripture, **Highlight** each verse that speaks to you by copying it under the letter "H". Write out the following:

- **The name of the book**
- **The passage of Scripture**
- **The chapter and verse numbers that especially speak to you**
- **A title to describe the passage**

This practice will make it easier to find the passage when you want to revisit it in the future. After you have highlighted the passage, write the letter "E" under the previous entry. At this stage, you will **EXPLAIN** what the text means. By asking some simple questions, with the help of God's Spirit, you can understand the meaning of a passage or verse. The next chapter will teach you in detail how to understand the meaning of a passage. Until then, here are a few questions to get you started:

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

At this point, you are beginning the process of discovering the specific and personal word that God has for you from His Word. What is important is that you are engaging the text and wrestling with its meaning. After writing a short summary of what you think the text means, write the letter "A" below the letter "E". Under the "A", write the word **APPLY**. This application is the heart of the process. Everything you have done so far culminates under this heading. As you have done before, answer a series of questions to uncover the significance of these verses to you personally, questions like:

- **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?**

As you complete your HEAR journal, these questions bridge the gap between the ancient world and your world today. They provide a way for God to speak to you from the specific passage or verse. Answer these questions under the "A". Challenge yourself to write between two and five sentences about how the text applies to your life.

Finally, below the first three entries, write the letter "R" for **Respond**. This is the last part of the HEAR Journal. Your response to the passage may take on many forms. You may write a call to action. You may describe how you will be different because of what God has said to you through His Word. You may indicate what you are going to do because of what you have learned. You may respond by writing out a prayer to God. For example, you may ask God to help you to be more loving, or to give you a desire to be more generous in your giving. Keep in mind that this is your response to what you have just read.

Notice that all of the words in the HEAR Journal formula are action words: **Highlight, Explain, Apply, and Respond**. God does not want us to sit back and wait for Him to drop some truth into our laps. Instead of waiting passively, God desires that we actively pursue Him. Jesus said, *Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you* (Matthew 7:7).

HEAR SAMPLE

EXAMPLE OF A JOUNRAL ENTRY.

Read: Philippians 4:10-13
Date: 11-30-13
Title: Secret of Contentment

H (Highlight)
"I can do all things through Christ 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 must face.

GROWTH + DISCIPLESHIP ASSESSMENT

Please briefly review your previous assessments and then prayerfully complete the following in an accurate and Christ-honoring way.

Rate yourself on a scale of 1 to 5 based upon the following (circle your score):

1. **Non-existent**
2. **Very weak**
3. **Still in need of much growth**
4. **Much improved and continuing to make strides**
5. **Healthy and consistent**

After rating yourself, briefly explain why you gave yourself this rating. If your response is 3 or lower, please describe what action steps you are taking to change.

DAILY DEVOTION TIMES	1	2	3	4	5
PERSONAL BIBLE STUDY	1	2	3	4	5
PRAYER LIFE	1	2	3	4	5
PURITY	1	2	3	4	5
TIME MANAGEMENT	1	2	3	4	5

GROWTH + DISCIPLESHIP ASSESSMENT

PHYSICAL FITNESS	1	2	3	4	5
ACADEMIC/SCHOOL LIFE	1	2	3	4	5
FINANCIAL STEWARDSHIP	1	2	3	4	5
EVANGELISM	1	2	3	4	5
CHURCH INVOLVMENT	1	2	3	4	5
BEING DISCIPLED	1	2	3	4	5
MAKING DISCIPLES	1	2	3	4	5

GETTING TO KNOW ONE ANOTHER

QUESTIONS TO ASK THOSE IN YOUR D-GROUP.

- Tell me your story.
- What was your childhood like?
- When did you first encounter God?
- If you have put your faith in Jesus, describe how God lead you to that place of decision?
- How would you describe your walk/relationship with God today?
- How often do you stop to consider God's perspective of any given moment/situation?
- What would you say is your most difficult challenge right now in your life?

ACCOUNTABILITY QUESTIONS

QUESTIONS TO ASK THOSE IN YOUR GROUP EACH WEEK.

- What have you read in the Word this week?
- What has your prayer life been like this week?
- Have you shared Christ with anyone this week? If so, who?
- Who is closer to God this week because of your life?
- Have you fulfilled your calling to the best of your God-given ability this week?
- Where have you seen God work in your life this week?
- Which of these above areas are you most going to work on this next week – and what's your plan?

D-GROUP APPENDIX

- What is a D-Group?
- What do D-Group meetings look like?
- How do I lead a D-Group?
- How do I find a D-Group?
- How do I choose those in my D-Group?
- Is there an attendance requirement?
- When do I send out disciples to make disciples?
- Discipleship Covenant

WHAT IS A D-GROUP?

A D-Group is gender-specific closed group of 3 to 5 believers (including the leader) who meet together weekly for the purpose of accelerated spiritual transformation. A person joins the D-Group by invitation only. While Small Groups exist for the purposes of community growth and fellowship, they have an underlying additional purpose (or they should have): evangelism. Small Groups are designed to reach lost people by getting them involved in the group. A D-Group, on the other hand, consists of believers who desire a deeper walk with Christ. It is not evangelistic in its form or function, but in its fruit: it makes disciples who will then go on to make more disciples.

The format of a D-Group is not one of a teacher-student, but a roundtable discussion. In their book The Invested Life, Joel Rosenberg and T.E. Koshy suggest that a discipleship relationship is "more personal, more practical, and more powerful. A teacher shares information, while a discipler shares life; a teacher aims for the head, while a discipler aims for the heart; a teacher measures knowledge, while a discipler measures faith; a teacher is an authority, while a discipler is a servant; and a teacher says, 'Listen to me,' while a discipler says, 'Follow me.'" This blueprint, sketched by Jesus Christ through His personal example, is how discipleship is accomplished in the lives of believers, and, ultimately, within the local church. When this plan is followed, those involved will participate in three dynamics that result in growth in their personal lives, as well as in the Kingdom: community, accountability, and multiplication.

WHAT DO D-GROUP MEETINGS LOOK LIKE?

Begin with prayer. Ask each participant to present one prayer request at the start of each meeting. Assign a person to pray over the requests, and ask the Lord to sharpen each of you through your relationship.

Here are some elements that your weekly meetings can include:

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.

Quote your Scripture memory verses for the week.

Study the Word of God together. A great way to do this is to share HEAR journals from the week. The goal of studying the Bible is to apply the Word of God. Remember, knowledge without application is useless information.

Here are some good application questions to utilize:

- What are you hearing from God, and what are you doing about it?
- What is God teaching you, and how is it affecting your life?
- Is there a promise to claim?
- Is there an action or attitude to avoid?
- Is there a principle to apply?

Spend a few moments asking questions and keeping each other accountable. All accountability should be saturated with grace, not legalism. You can't expect what you don't inspect.

Share prayer requests and close with prayer.

HOW DO I LEAD A D-GROUP?

The only absolute requirement for leading a D-Group is that you be intentionally pursuing Christ. You do not need to be a master teacher or have all of the answers; you do not need to be able to say, “Listen to me.” If you can say, “Follow me; I’m pursuing Christ,” you have the tools you need to lead a D-Group.

As a D-Group leader, you set the tone for the group’s atmosphere. You are not lecturing students; you are cultivating an intimate, accountable relationship with a few close friends. Joel Rosenberg and T.E. Koshy wrote in their book *The Invested Life* that the discipleship relationship is “more personal, more practical, and more powerful. A teacher shares information, while a discipler aims for the heart; a teacher measures knowledge, while a discipler measures faith; a teacher is an authority, while a discipler is a servant; and a teacher says, ‘Listen to me,’ while a discipler says, ‘Follow me.’”

HOW DO I FIND A D-GROUP?

Making disciples in a D-Group flows out of our Small Groups and those who fall under our Committed in the Discipleship Pathway. Small Groups are the “fishing ponds” for D-Groups. As people form friendships and bonds in Small Groups, handfuls of them will decide to take the next step and begin a discipleship journey together in a D-Group.

If you would like to be in a D-Group, the first step on the pathway is to join a Small Group. If you are currently in a Small Group and desire to be in a D-Group, talk to your Small Group leader or visit our website at www.trinityada.church/dgroups.

HOW DO I CHOOSE THOSE IN MY D-GROUP?

The first step in establishing a formal disciple-making relationship is choosing disciples. Jesus, our example in selecting disciples, spent time in prayer before selecting men (Luke 6:12-16). The word disciple means learner. Begin by asking God to send you a group of men or women who have a desire to learn and grow.

When people approached Jesus about becoming His disciples, our Lord held a high standard. One man said, "I'll follow you, but let me go bury my father." Now, the man's father had not yet died–the man was reaching for an excuse to postpone the kind of commitment that Jesus expected of him. Jesus responded with something that the man would have understood to mean, "You can't do that. The kingdom is too important." Your D-Group should consist of F.A.T. believers: Faithful, Available, and Teachable. A faithful person is dedicated, trustworthy, and committed. Consider a potential disciple's faithfulness by observing other areas of his/her spiritual life, such as church attendance, Small Group involvement, or service in the church. Faithfulness is determined by a commitment to spiritual things.

Discern an individual's availability by his willingness to meet with and invest in others. Does this person carve out time to listen, study, and learn from others? Is he accessible when called upon? Does she have a regular quiet time with God of reading the Word and praying? Availability is measured by a willingness to serve God.

HOW DO I CHOOSE THOSE IN MY D-GROUP?

Not everybody who attends a Small Group is teachable. A teachable person has a desire to learn and apply what is taught. One who is teachable is open to correction. Recognize teachability by observing one's response to God's Word. For example, after hearing a sermon on prayer, do they begin to pray more regularly? Or after a lesson about the dangers of the tongue, does the person implement changes in their speech? A teachable person not only listens to what is taught, but also applies it to his or her life.

After discerning that an individual is faithful, available, and teachable, prayerfully approach him or her and ask, *"Would you be interested in studying the Bible, memorizing Scripture, and praying together?"* Many people are open to that. All you have to do is ask. We don't recommend that you say, *"Would you like for me to disciple you?"* as this question may come across in a derogatory manner. Keep in mind that men should disciple men, and women should disciple women.

IS THERE AN ATTENDANCE REQUIREMENT?

Yes, and it is not negotiable. The first time I meet with a potential group, I explain the disciple-making covenant with them. Since we're going to spend our lives together for the next twelve to eighteen months, I want to know if they are committed. Some people have said after the initial meeting, *"Uh, this isn't really for me. I'm not interested."* That's okay. I allow potential disciples to opt out of the group on the front end after understanding the expectations spelled out in the disciple-making covenant. Remember, you are looking for people who want to be discipled, people who have a desire to grow and learn. An unwillingness to commit reveals that they are not ready to be in a D-Group. It's the example Jesus set for us.

WHEN DO I SEND OUT DISCIPLES TO MAKE DISCIPLES?

Always begin with the end in mind. Your group should meet for 12 to 18 months, and they should expect that final date from the very beginning. Some groups develop a closer bond, which results in accelerated growth; others take longer. We do not recommend meeting for longer than 18 months. Some group members will desire to leave the group and begin their own groups. Others, however, will want to remain in the comfort zone of the existing group. Some will not want to start another D-Group because of the sweet fellowship and bonds formed within the current group. Remember, the goal is for the men and the women of the group to replicate their lives into someone else.

DISCIPLESHIP 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 and a half hours 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.

I will begin praying about replicating the discipleship process upon completion of this group.

Signed Group Member _____
Signed Leader _____
Date _____

TA