

Second Baptist Church

*Exists for the Glory of God: By Loving God, Loving Others and
Making Disciples!*



Discipleship Group (D-Group) Guide

Second Baptist Church

Discipleship Groups (D-Groups)

What is a D-Group?

D-Groups are not the same thing as Second Baptist Church Small Groups.

- ◆ D-Groups are gender-specific, closed groups of 3-5 believers who meet together weekly for the purpose of accelerated spiritual transformation. *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.*
- ◆ D-Groups form through pre-existing, meaningful relationships with other believers in environments like Small Groups (Sunday School Classes) or Volunteer Teams. Because of this, D-Groups are not simply joined, but started.
- ◆ A typical D-Group will last anywhere from 3-6 months. It is not intended to meet indefinitely. The expectation is for new D-Groups to multiply out of your D-Group after the conclusion of the 3-6 month session, and that relational discipleship will grow throughout the church.

(adapted from <https://longhollow.com/questions-about-d-groups#sample>)

Purpose of D-Groups

Discipleship Groups (D-Groups) help provide an essential environment for every believer to have intimate friendships, accountability, and most importantly, a life rooted deeply in God's Word. As we work to live out our God-given calling as we follow Jesus and make disciples every day, D-Groups are an integral part of the process.

The purpose of D-Groups is to grow in faith together through mutual accountability to practice spiritual disciplines, specifically:

1. Reading Scripture
2. Praying
3. Fighting Sin (through confession and repentance)
4. Sharing the Gospel

The expectation is for new D-Groups to multiply after the conclusion of a D-Group session, and that relational discipleship will grow throughout the church.

D-Group Guidelines:

Why Guidelines?

Guidelines give us boundaries for people to operate within.

Guidelines help with the flow and pace of the discussion.

Guidelines help us honor and value one another.

Guidelines help people to be more comfortable sharing things at a deeper level.

What are the Guidelines?

1. **Safe:** This needs to be a safe place where people feel comfortable opening up and sharing with one another.
2. **Confidential:** What is shared in the group stays in the group. We will hold things shared in the group confidential unless given permission.
3. **Transparent:** It's difficult to love someone as God called us to without really knowing the person in a meaningful way. You are encouraged to share from your heart; to let your walls down; share struggle and fears as well as victories and hopes. Transparency comes easier to some than others. Your D-Group leader will challenge you while also respecting your boundaries.
4. **No Crosstalk:** Be considerate of others as they are sharing by not engaging in side conversations.
5. **Silence:** Silence should be used to wait for someone to share next without trying to fill the void with talk. It is also used to wait for people to collect themselves in order to continue speaking. Silence can be awkward, but that is not always bad, it is often necessary.
6. **Don't "rescue" or interject:** When people are sharing something personal or painful, there can be a tendency to try and make them feel better about themselves of their situation. Often this will cause them to stop sharing and results in them not going as deep as they might have gone. Resist this temptation.
7. **Encourage, but don't lie:** Think of ways to edify and build people up with biblical truth, but resist the temptation to tell people false things about them to try and make them feel better. That is not true encouragement. That is flattery.
8. **Don't Gossip:** This is not a time to talk about other people's problems. It is a time to share your own. Invite those in your D-Group to help you take out the log in your own eye, and be willing to help them do the same.
9. **Be Self-Aware:** Pay attention to how you are affecting the environment of the group through your words, actions, and non-verbal communication.
10. **Personal Application:** It's important that we all use this time to consider where we stand on any given subject or issue.

First D-Group Meeting:

1. Hand out the “SBCA D-Group Guide” and read through *What is a D-Group*, *Purpose of D-Groups*, and the *D-Group Guidelines*.
2. Discuss these 5 questions with D-Group members:
 - a. Tell us about your Family.
 - b. Tell us your Testimony (Your life before Christ, What events led to surrendering your life to Christ, and what has happened since).
 - c. Tell us about your current job/life stage and what God’s doing in that.
 - d. Have you ever been discipled? If yes, explain. If not, why not?
 - e. What do you expect to get out of this D-Group ?
3. Decide together what book of the bible you want to study and what bible study resource you will use as a group. (We suggest using either a *Christ-Centered Exposition* commentary, a *Knowing the Bible* study guide, or another church-approved bible study resource.)
4. Finally, read and sign the *Disciple-Making Covenant* together.

Disciple-Making Covenant

I will commit to the following expectations:

1. I pledge myself fully to the Lord with the anticipation that I am entering a time of accelerated spiritual transformation.
2. I will meet with my D-Group every week, unless providentially hindered.
3. I will complete all assignments on a weekly basis before my D-Group meeting, in order to contribute to the discussion.
4. 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.
5. I will pray every week for the other men/women who are on the discipleship journey with me.
6. I will begin praying about replicating the discipleship process upon completion of this group.

Signed D-Group Facilitator _____

Signed D-Group Member _____

Signed D-Group Member _____

Signed D-Group Member _____

Signed D-Group Member _____

Date _____

Typical D-Group Meeting:

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.

Fellowship:

- ◆ Have a time of intentional conversation, briefly sharing the highs and lows (blessings and challenges) of the week.

Bible Study:

1. Quote your Scripture memory verses for the week.
2. Discuss Bible Study Questions.
 - ◆ Did you read the passage for this week?
 - ◆ What did you learn from this passage?
 - ◆ What challenged, convicted, or encouraged you?
 - ◆ What do you need to trust God with?
 - ◆ Was there anything you found confusing or difficult to obey?

Application: (The goal of studying the Bible is to apply the Word of God. Remember, knowledge without application is useless information.)

- ◆ What is God teaching you, and how is it affecting your life?
- ◆ Is there a promise to trust?
- ◆ Is there an action or attitude to avoid?
- ◆ Is there a principle to apply?

Accountability: (All accountability should be saturated with grace, not legalism. You can't expect what you don't inspect.)

- ◆ How are your relationships? (God, spouse, kids, family, work, other?)
- ◆ What sins have you struggled against this week? Any victories?
- ◆ What conversations have you had this week with those you have committed to evangelize?
- ◆ Do you have any encouragement for someone in the group?

Prayer:

Close with prayer.

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