

# D-GROUPS

## MAKING DISCIPLES WHO MAKE DISCIPLES

### **What is a D-Group?**

A D-Group (Discipleship Group) is a small group of people of the same gender who will meet together weekly (Sunday nights at 6). The purpose of a D-Group is to make disciples who will then go on to make disciples. It is not a message, lesson, or a devotion in the sense that it's led by the leader in a teacher-student format. Rather it is a group of people coming together to share what God has been teaching them as they read His Word throughout the week. The goal of a D-Group is to foster community, accountability, and multiplication. Once the D-Group ends, the goal is for those in the group to split up and seek out their own groups to reach more people.

### **When, where, and how often do D-Groups meet?**

D-Groups will meet at 6 PM on Sunday Nights, guys will meet at the church in the youth area and girls will meet at Barry & Maria's House. As to how often groups should meet, the goal is every week. There will be a few breaks throughout and weeks that we are unable to meet due to other events on the church calendar. For this semester, D-Groups will start on Sunday, March 14th and finish on Sunday, August 15th.

### **What if I can't always make it to D-Group?**

Things come up from time to time that are completely unavoidable such as family emergencies and other things in everyday life. However, the point of D-Groups is to put students into a time of accelerated spiritual growth. *In other words... THIS IS A COMMITMENT.* Missing because of unavoidable things such as a medical or family emergency is much different than not showing up simply because you don't want to or don't feel like it. If this type of commitment is not what you are seeking, D-Groups may not be what you are looking for.

### **What will a D-Group meeting look like?**

D-Groups will start with prayer and prayer requests. There will be a brief time of each person sharing the highs and lows of their week. The rest of the time will be committed to quoting the week's memory verse, sharing what God has taught us as we read through the E100 Bible Reading Plan and log H.E.A.R. Journals.

# What is a H.E.A.R. 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 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**

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. 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". 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 2-3 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).

## **Sample H.E.A.R. Journal Entry**

**Read:** *Philippians 4:10-13*

**Date:** 3-14-2021

### **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.

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## Meeting Schedule

*(\*Dates are subject to change)*

### March

14<sup>th</sup> – First Group Meeting

21<sup>st</sup> – Group Meeting #2

28<sup>th</sup> – Group Meeting #3

### April

4<sup>th</sup> – NO GROUP MEETING (*Easter*)

11<sup>th</sup> – Group Meeting #4

18<sup>th</sup> – Group Meeting #5

25<sup>th</sup> – Group Meeting #6

### May

2<sup>nd</sup> – Group Meeting #7

9<sup>th</sup> – NO GROUP MEETING (*Mother's Day*)

16<sup>th</sup> – Group Meeting #8

23<sup>rd</sup> – Group Meeting #9

30<sup>th</sup> – Group Meeting #10

### June

6th - NO GROUP MEETING (Business Meeting)

13th - Group Meeting #11

20th - NO GROUP MEETING (Camp)

27th - Group Meeting #12

### July

4th - NO GROUP MEETING (4th of July)

11th - NO GROUP MEETING (VBS)

18th - Group Meeting #13

25th - Group Meeting #14

### August

1st - Group Meeting #15

8th - Group Meeting #16

15th - Final Group Meeting

# D-Group Commitment

**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 growth.
2. I will meet with my D-Group every scheduled week, unless providentially hindered.
3. I will read in the E100 Bible Reading Plan each week and attempt to log H.E.A.R. Journals, in order to contribute to the group discussions.
4. I will contribute to an atmosphere of confidentiality, honesty, and transparency for the encouragement and spiritual growth of others in the group as well as myself.
5. I will pray every week for the other people in my group who are on the discipleship journey with me.

**Signed Mentee** \_\_\_\_\_

**Signed Mentor** \_\_\_\_\_

**Date** \_\_\_\_\_