

D-GROUP

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TRINITY
WELLSPRINGS
CHURCH
COMMUNITY OVERFLOWING

D-GROUPS

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OVERVIEW

1. Purpose

- Provide nurture and growth in practical Christian living.
- Share transformational knowledge that strengthens our commitment and relationship to Christ.
- Spur one another on in a life-on-life environment in way that deepens our discipleship.
- Provide encouragement and accountability for growing in ministry skills (discipleship, prayer, witness, bible reading, etc.).
- Ultimately, we want to make disciples who make disciples who make disciples.

2. Who & What

- Discipleship occurs when lives are shared with gospel growth at the center of the relationship. [1 Thess. 2:8 is instructive: “We loved you so much that we were delighted to share with you not only the gospel of God but our lives as well.”]
- D-Groups are usually smaller groups where life-on-life relationships can develop (2-8 people led by a mentor).
- Overarching principle: “No one graduates from a life of discipleship.” All believers are called to a process of continual discipleship in being formed into the image of Christ (2 Cor. 3:18; Rom 8:29).

3. What the Group is Not

- It is not primarily a classroom-type environment where instruction flows in a unilateral direction from teacher to student.
- It is not primarily designed to help you gain more knowledge (though knowledge is important).
- It is not primarily designed to be an accountability group of sin management (though accountability is important).

4. Commitment

- This is a one-year commitment (aka: 8 or 9-month ministry calendar year).
- We will ask participants to sign a commitment card to ensure full participation for the entirety of the journey.

5. Weekly Goals (ABCs)

- Accountability in spurring one another on
- Bible memory
- Content

6. Overarching Goals of D-Groups

The big picture goal of D-Groups corresponds to the three overarching goals of biblical discipleship:

- **IMAGE:** The first goal of the life of discipleship is to reflect an image (Rom. 8:29-30; 2 Cor. 3:18; Col. 3:10) in becoming like Christ.
- **FRUIT:** The second goal of the life of discipleship is to bear fruit (John 15:1-11).
- **MULTIPLY:** The third goal of the life of discipleship is to multiply by making disciples (Matt. 4:19; Matt. 28:16-20).

7. Weekly Schedule (approx. 90-120 minutes)

- The first half of the gathering is devoted to mutual spurring/biblical fellowship.
- The second half of the gathering is devoted to content and questions.

8. Suggested Yearly Schedule

- Meets approx. 27 times a year from September through May.
- Suggested rhythm: meets the *first three weeks of the month*, taking the last week off.
- Adaptable rhythm: different groups can customize the meetings in a way that makes sense for the schedules of all involved. If a group does not plan on meeting 27 times during the year, the leader can tweak the content based on the priorities of the group. Once a rhythm is established, it only hinders the group if meetings are constantly in question or likely to be rescheduled.

9. Personal Worship Habits

- The aim of D-Groups is that participants would be engaging in personal habits of worship because we are not primarily trying to fill our heads with knowledge but experience transformation to conform us into the image of Christ. In following Jesus, we recognize that regular Bible reading and prayer was paramount in the life of Jesus; thus, we desire to follow in his footsteps.
- D-Group participants are encouraged to commit to a Bible reading plan and use the content of the readings to supplement and strengthen personal habits of worship.
- If a participant has never made a regular commitment to personal worship habits like a regular time (even 10-15 minutes) of Bible reading and prayer, then this group can come alongside you in a gentle and loving way to spur you on.

10. SPURRING ONE ANOTHER ON: Suggested Weekly Fellowship Questions

(Pick Two Per Week)

1. What has God been teaching you through Bible reading, preaching, fellowship, or other material?
2. What are you encouraged about in your walk with God? (prayer answered, needs met, fruit in marriage or family, evangelism, etc...)
3. What attribute of God has been most sweet to you lately?
4. How have you been encouraged by being part of a local church?
5. Who in your life are you intentionally trying to reach out to?
6. What area of your life is causing the most stress? What has it exposed about your heart?
7. In what area of your life has God been convicting you? What is he calling you to put off and put on?
8. Are there any big decisions in your life where you could use some counsel?
9. How would you rate your practice of the spiritual disciplines this week?
10. How can we pray for you?

11. CONTENT & DISCUSSION: Typical Weekly Reading Questions

1. What was the main point of the reading?
2. How is the material going to help you grow in your relationship with God?
3. What were your favorite quotes?
4. Was there anything you didn't fully grasp or disagreed with in the reading?
5. How can you apply this material to your life this week?

D-Group: "THE BIG 6" Areas of Discipleship

- 1. Dynamic Doctrines** – Transformational Knowledge of Biblical Christianity
- 2. Spiritual Practices** – Practicing the Faith with Spiritual Disciplines
- 3. Biblical Worldview** – Interpreting and Applying the Word
- 4. God-Honoring Family** – Marriage/Parenting in the Christian Home
- 5. Fruitful Ministry** – Service & Discipleship in the Church & World
- 6. Cultural Apologetics** – Thinking Biblically about Cultural Issues

Note on Content: The selected content has been purposely selected to be engaging and highly accessible for a wide variety of disciples. The readings are relevant and accessible rather than esoteric and impenetrable. These are D-GROUPS designed specifically for the local church. While minimum-length readings (7-8 pages) and maximum-length readings (28-30 pages) occasionally pop up, most lessons are in the 15-18 page-range making the lesson highly achievable for even busy people.

RED YEAR DETAILS

Lesson	Date <small>(filled in by your D-Group)</small>	General Topic	Reading	Scripture Memory	Misc & Mission
1		Spiritual Practice #1	Sharing Our Stories Journey	Matthew 5:2-12	
2		Dynamic Doctrine #1: Union with Christ	Handout: Deeper, Ortlund: 51-67.	Matthew 5:2-12	
3		Dynamic Doctrine #2: Love of Christ Adoption	Handout: Deeper, Ortlund: 69-83 Supplemental: Redemption Accomplished & Applied, Murray: 132-140	Matthew 5:2-12	
4		Dynamic Doctrine #3: Election & Regeneration	Redemption Accomplished & Applied, Murray: 95-105	Matthew 5:2-12	
5		Spiritual Practice #2: Sabbath Keeping	Listen to Youtube Sermon Tim Keller: "Work and Rest" (length: 41:45) & Handout: Sacred Rhythms: 130-145	Matthew 5:2-12	
6		Dynamic Doctrine #4: Conversion: Faith & Repentance	Redemption Accomplished & Applied, Murray: 106-116	Matthew 5:2-12	
7		Dynamic Doctrine #5: Justification	Handout: Luther's Preface to Galatians & Redemption Accomplished & Applied, Murray: 117-131	Matthew 5:2-12	
8		Dynamic Doctrine #6: Sanctification	Redemption Accomplished & Applied, Murray: 141-150	Matthew 5:2-12	
9		Spiritual Practice #3: Meditation on Scripture	Handout: Deeper, Dane Ortlund: 143-157 Supplemental: Celebration of Discipline, Foster: 1-32	1 Cor. 13: 1-7	
10		Dynamic Doctrine #7: Perseverance & Glorification	Redemption Accomplished & Applied, Murray: 151-160; 174-182	1 Cor. 13: 1-7	
11		God Honoring Family #1: Marriage: Oneness	Marriage Builder, Crabb: 9-60 (ch 1-2) Or: A Loving Life, Miller (ch.1-2)	1 Cor. 13: 1-7	
12		God Honoring Family #2: Marriage: Manipulation or Ministry?	Marriage Builder, Crabb: 61-86 (ch. 3) Or: A Loving Life, Miller (ch. 3-6)	1 Cor. 13: 1-7	
13		God Honoring Family #3: Marriage: Communication and Anger	Marriage Builder, Crabb: 87-116 (ch. 4) [Discuss Together - Journey Curriculum: 10 Rules for Resolving Conflict] Or: A Loving Life, Miller (ch.7-10)	1 Cor. 13: 1-7	
14		Spiritual Practice #4: Experiments in Prayer	Prayer of Examen Prayer Journal Biblical Prayers Celebration of Discipline, 33-46; Handout, Rumford: 72-79	1 Cor. 13: 1-7	

15		God Honoring Family #4: Marriage: Body & Soul	Marriage Builder, Crabb: 117-136 (ch. 5) Or: A Loving Life, Miller (ch. 11-14)	1 Cor. 13: 1-7	
16		God Honoring Family #5: Marriage: Grace & Commitment	Marriage Builder, Crabb: 139-167 (ch. 6-7) Or: A Loving Life, Miller (ch. 15-19)	1 Cor. 13: 1-7	
17		God Honoring Family #6: Marriage: Practicing Radical Acceptance	Marriage Builder, Crabb: 169-197 (ch. 8) Or: A Loving Life, Miller (ch.20-23)	Psalms 23	
18		Spiritual Practice #5: Hospitality & Witness	Handout, The Simplest Way to Change the World, 17-43	Psalms 23	
19		Biblical Worldview #1: Apostle Paul & Romans 1:1-17	Encountering the Book of Romans, Moo: 3-34	Psalms 23	
20		Biblical Worldview #2: Romans 1:18-3:20	Moo: 37-61.	Psalms 23	
21		Biblical Worldview #3: Romans 3:21-31	Moo: 65-72.	Psalms 23	
22		Spiritual Practice #6: Fasting	Foster: 47-61	Psalms 23	
23		Biblical Worldview #4: Romans 4-5	Moo: 73-92.	Eph. 3:14-21	
24		Biblical Worldview #5: Romans 6	Moo: 93-101.	Eph. 3:14-21	
25		Biblical Worldview #6: Romans 7	Moo: 103-113.	Eph. 3:14-21	
26		Spiritual Practice #7: Solitude	Foster: 96-109	Eph. 3: 14-21	
27		Biblical Worldview #7: Romans 8	Moo: 115-126.	Eph. 3:14-21	

BOOKS NEEDED for RED YEAR (Sept 2021)

Douglas Moo, *Encountering the Book of Romans* | Richard Foster, *Celebration of Discipline*

John Murray, *Redemption Accomplished and Applied* | Larry Crabb, *Marriage Builder* (Books supplied by TWC)

A Word on Bible Memorization:

- “D-Groups must not be for me because I’m terrible at memorization.” The truth is that most of us are terrible at memorization! D-Groups will come alongside one another in a gentle and loving fashion with a “give it a try” kind of attitude.
- Dallas Willard: “Bible memorization is absolutely fundamental to spiritual formation. If I had to choose Bible memorization, because it is a fundamental way of filling our minds with what it needs. This book of the law shall not depart out of your mouth. That’s where you need it! How does it get in your mouth? Memorization.”

Mission & Fruit Bearing

- If discipleship is not to be reduced to knowledge and fellowship (see #6 above: **IMAGE** | **FRUIT** | **MULTIPLY**), there needs to be a fruit-bearing aspect to our D-Groups. Like Spiritual Practices which are positioned every 3-4 weeks in the midst of D-Groups to allow us to practice and experiment together with the spiritual disciplines, your leader will provide some guidance on specific fruit-bearing endeavors about once every four weeks. It might be as simple as intentionally getting to know a neighbor or praying for specific people where you live, work, and pray.

D-GROUP COVENANT

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Member Covenant

In order to grow my discipleship in following Jesus, I agree, by the grace of God, to the following commitments:

- 1. To attend all of the meetings, unless I'm sick, out of town, or facing a genuine crisis.** If I can't attend, I will notify the leader and do my best to complete the assignments.
- 2. To be on time for each meeting.** I acknowledge that this group meets each _____ (day of the week) from _____ (start time) until _____ (end time).
- 3. To complete all assignments to the best of my ability.** This includes scripture memory and the assigned readings.
- 4. To fully participate in group discussions with transparency and integrity.**
- 5. To protect the confidentiality of my group.** I pledge to keep whatever is shared in the group confidential to encourage trust, openness, and honesty.
- 6. To make an effort to engage in personal habits of worship.** This includes a commitment to spend time in prayer and Bible reading in order to follow in the footsteps of Jesus.
- 7. To pray for the nonbelievers that God has placed in my life.**
- 8. To faithfully attend worship services at church on the Lord's day.**

I understand that this D-GROUP Covenant is for one, and only one, ministry year.

Name: _____

Signature: _____

Date: _____

OVERVIEW OF RED, BLUE, & GREEN YEARS

➤ I. Dynamic Doctrines – Transformational Knowledge of Biblical Christianity

RED YEAR AMAZING GRACE: Union with Christ & the Depths of Our Salvation	BLUE YEAR The Incomparable Christ: Person & Work of Christ	GREEN YEAR The Glory of the Triune God of Grace
1. Union with Christ	1. The Person of Christ #1	1. Attributes of God #1
2. Love of Christ Adoption	2. The Person of Christ #2	2. Attributes of God #2
3. Election & Regeneration	3. The Person of Christ #3	3. Trinity
4. Conversion: Faith & Repentance	4. The Person of Christ #4	4. Holy Spirit #1
5. Justification	5. The Work of Christ #1	5. Holy Spirit #2
6. Sanctification	6. The Work of Christ #2	6. Holy Spirit #3
7. Perseverance & Glorification	7. The Work of Christ #3	

➤ II. Spiritual Practices – Practicing the Faith with Spiritual Disciplines

RED YEAR: Living the Story: 7 Core Practices of Healthy Disciples	BLUE YEAR: Praying the Story: Practicing Aspects of our Communion with God	GREEN YEAR: Saying Sorry in the Story: Growing through Killing Sin (You be killing sin or sin be killing you)
1. Sharing our Stories	1. Sharing our Stories	1. Sharing our Stories
2. Sabbath Keeping	2. Aspects of Prayer #1: Gratitude & Praise	2. Mortification of Sin #1
3. Meditation on Scripture	3. Aspects of Prayer #2: Confession & Examen	3. Mortification of sin #2
4. Experiments in Prayer	4. Aspects of Prayer #3: Surrender & Trust	4. Mortification of Sin #3
5. Hospitality and Witness	5. Aspects of Prayer #4: TBA	5. Mortification of Sin #4
6. Fasting		6. Mortification of Sin #5
7. Silence and Solitude		

➤ III. Biblical Worldview – Interpreting and Applying the Word

RED YEAR The Story of Redemption: Paul & Romans	BLUE YEAR: The Glorious Gospel: Jesus & the Kingdom	GREEN YEAR The Bible Jesus Read: The Law & The Prophets
1. The Apostle Paul and Romans 1:1-17	1. First Things First: How to Read the Gospels #1	1. Is the Old Testament God a Moral Monster?
2. Romans 1:18-3:20	2. First Things First: How to Read the Gospels #2	2. What's in a Name?
3. Romans 3:21-31	3. The Empire Strikes Back: Jesus and the Kingdom of God	3. Genesis 1-3: All Good Theology Starts Here
4. Romans 4-5	4. The Vintage Sermon: Matthew 5-7	4. The Law: Decalogue The Gift of the Law 3 Classes of Law
5. Romans 6	5. "No One Ever Spoke Like This Man": The Parables of Jesus	5. The Prophets: Prophetic Callings Prophetic Actions Prophetic Pathos Prophetic Hermeneutics
6. Romans 7	6. Demons, Healings, and Feedings: Personal Encounters with Jesus	6. Christ in the Old Testament
7. Romans 8	7. Olivet Discourse: Jesus and the Last Days?	

➤ **IV. God-Honoring Family – Marriage/Parenting in the Christian Home**

RED YEAR Investing in our Marriage	BLUE YEAR Investing in our Parenting	GREEN YEAR Marriage Check-Ups
1. Marriage #1: Oneness	1. Parenting #1: Gospel Principles	1. Marriage #1: TBA
2. Marriage #2: Manipulation or Ministry?	2. Parenting #2: Gospel Principles	2. Marriage #2: TBA
3. Marriage #3: Communication & Anger	3. Parenting #3: Gospel Principles	3. Marriage #3: TBA
4. Marriage #4: Body & Soul		
5. Marriage #5: Grace & Commitment		
6. Marriage #6: Practicing Radical Acceptance		

➤ **V. Fruitful Ministry – Service & Discipleship in the Church and World**

BLUE YEAR: Grace Commitments in the Local Church	GREEN YEAR: Fruitful Ministry
1. Grace Commitments: Church Needed Authority for Kingdom People Safe Home for Kingdom People A Mission to Non-Kingdom People Equipping Station for Kingdom People	1. Ambassadors and Witnesses #1
2. Grace Commitments: Worship & The Sacraments Baptism Lord's Supper	2. Ambassadors and Witnesses #2
3. Grace Commitments: Generosity	3. Ambassadors and Witnesses #3

➤ **VI. Cultural Apologetics – Thinking Biblically about Cultural Issues**

BLUE YEAR Thinking Biblically about Sexuality and Identity	GREEN YEAR: Cultural Apologetics
1. Sexuality and Identity #1	1. Accepting Suffering: How God is Involved in Your Pain Waiting for Deliverance from Pain The Christian's Response to Pain
2. Sexuality and Identity #2	2. Prosperity Gospel: The Human-Centered Message of Modern Christianity
3. Sexuality and Identity #3	3. Racial Reconciliation: The Gospel in Fractured Times