



D-Group Overview

What is a D-Group?

A D-Group is a gender-specific cohort of 3-5 adults that meets consistently and intentionally every week for 12-18 months. The purpose of a D-Group is to create an environment for both **accelerated spiritual transformation** as well as **evangelistic replication**. In other words, we want our D-Groups to grow in their faith, but we also want them to prayerfully consider leading their own group.

Why D-Groups?

We believe disciple-making is a direct commandment from Jesus (Matt 28:16-20) which unfortunately has become a lost art within the evangelical church. According to a recent survey done by exponential.org, fewer than 5% of churches in the US have a replicating discipleship culture. The key word here is **replicating**. Many congregations have discipleship classes or small groups (and those are GREAT) but any discipleship effort that is not **replicating itself** cannot truly be labeled as disciple-making.

Most of what the modern church calls discipleship is actually the transfer of information through teaching. Discipleship by its very nature is intimate and organic. It is not a class or program, but a way of life. Jesus did not take his disciples to a class or program; He lived life with them. We believe true biblical discipleship must be **intentional, transformational, and reproducible**.

Am I required to attend my D-Group every week?

The short answer is, yes. When Jesus called people to follow Him, it was understood that following Him came with a cost. Jesus' invitation required a commitment, and those who were not ready to commit at that level were allowed to opt out (Mark 10:17-22). People who are ready to grow and learn will prioritize discipleship. A D-Group is a heavy commitment, but the return on that investment is life-changing.

Why are D-Groups only 12-18 months?

Replication is a vital component of spreading the Gospel. The hope for each participant is that you can take what you have learned and experienced and replicate your life into someone else. The bonds formed through a D-Group can certainly continue past 18 months, however, disciple-making is an ongoing process and starting your own D-Group should be the goal for every disciple.

Are D-Groups biblical?

In his book *The Master Plan of Evangelism*, author Robert Coleman estimates that Jesus spent 90% of his time with the 12. When looking through the Gospels we find that the writers recorded 17 incidents where Jesus spent time with the crowd, but 46 occasions where He spent time with "the few." Clearly, Jesus prioritized His time with the 12 (and specifically Peter, James & John). If we

believe that the Bible is the inspired Word of God, then we must also believe that the strategies that are modeled in the Bible (by Jesus) are also inspired.

What does a D-Group look like?

There are 6 components to a D-Group at Living Hope.

- **Bible Reading Plan:** At Living Hope, we develop a new Bible reading plan every year. The pace is approximately 5 chapters of Scripture every week. We believe this pace is a healthy balance. If you miss a day during the week, you still have the weekend to get caught up.
- **H.E.A.R. Journal:** A HEAR Journal is a simple Bible study method that allows disciples to dig deeper into the text. The H stands for Highlight. The E stands for Explain. The A stands for Apply. The R stands for Respond. Below is a sample entry:

Sample H.E.A.R. Entry

Read: Philippians 4:10-13

Date: 11-30-23

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.

- **Scripture Memorization:** We believe that Scripture memorization is vital to growing into a mature follower of Christ.
- **Accountability:** Each week you meet with your D-Group is an opportunity to have Godly men and women pouring into you and holding you accountable. The truth for most of us is that if we do not have accountability in our lives, we will not follow through with our commitments.
- **Prayer:** Praying for the men or women in your D-Group is a bonding experience both with each other as well as the Lord. We want every D-Group to feel like a safe space where all members share each others’ burdens through prayer.
- **Confidentiality:** Because we want our D-Groups to be authentic and meaningful, everything that is shared is considered confidential.