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# D-GROUP STARTER GUIDE

## HOW TO USE THIS GUIDE:

This will be an exciting time as you enter a season of accelerated spiritual formation. The D-Group environment encourages us to engage with God's Word and His people in a way that most of us never have before. As His Spirit works in our lives, it creates a passion to help others experience the same thing.

The DGroup Starter Guide is an interactive booklet that introduces each element of the group and helps your group start strong. We would encourage each member of the group to have a booklet and use it to guide you through the first meeting.

*This resources will help your group have three important conversations:*

## GETTING STARTED:

You will set clear expectations for the group and get to know one another. This booklet provides a couple of simple exercises to help you lay a strong foundation for your group!

## BIBLE ENGAGEMENT & PRAYER:

You will learn what a H.E.A.R. Journal is and why Scripture Memory is so important. You will also begin the habit of praying for each other, for the church, for lost neighbors/family/friends, and for the needs of those around you.

## INTRODUCING ACCOUNTABILITY & EVANGELISM:

You will introduce your second accountability question and explain how you will pray for one another.

# GETTING STARTED

Welcome to your first D-Group meeting! Today's meeting will look different than normal. You will focus on getting to know one another, setting expectations, and committing to one another. Get ready for an amazing time ahead!

1. **Get to know one another**
2. **Set expectations**
3. **D-Group Covenant**

## 1. GET TO KNOW ONE ANOTHER

Below are a list of questions you can discuss as a group.

- *Tell us about your family, work, and personal hobbies.*
- *What are you most looking forward to in this group?*
- *What is one thing that you are excited or intrigued by right now?*
- *Share a 2-3 minute version of your testimony.*
  - *Life BEFORE Jesus...*
  - *When you met Jesus...*
  - *Life SINCE Jesus...*

## 2. SET EXPECTATIONS

It's important that we all have the same expectation for this group. Below is an image called the D-Group DNA. This image, and the next couple of pages, explain what is unique about this D-Group.

### PURPOSE OF A D-GROUP



#### WHAT WILL WE DO?

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We train in godliness by weekly committing to the four disciplines.

#### 1 TIMOTHY 4:7-8

*"Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promises for both the present life and the life to come."*

#### FOUR WEEKLY DISCIPLINES

1. Bible Engagement
2. Prayer
3. Accountability
4. Evangelism

*Which of the four weekly disciplines are you currently doing well?*

*Which do you need to grow in the most?*

## WHAT WILL GOD DO?

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Each of these verses speak to how the Holy Spirit uses God's Word to change our lives. Though we commit to the disciplines on the previous page, it is not our effort that changes us, but the Holy Spirit through His Word. The disciplines provide room in our lives for God to work.

### 2 TIMOTHY 3:16-17

*"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work."*

### HEBREWS 4:12

*"For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joined and marrow; it judges the thoughts and attitudes of the heart."*

## WHAT WILL HAPPEN IN OUR CHURCH?

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As we allow the Word of God to work in our lives, we will see individuals living out their Christ-centered purpose.



# 3. D-GROUP COVENANT

## IN THIS D-GROUP, I WILL DO MY BEST TO...

- Give myself fully to the Lord during this time as I anticipate a season of accelerated spiritual transformation.
- Commit to this group and consider how I may best spur others on in their relationship with Jesus.
- Meet weekly with my D-Group. When unable, I will stay involved through sharing H.E.A.R. Journals, prayer requests, etc.
- Commit to the four weekly disciplines: Bible Engagement, Prayer, Accountability and Evangelism.
- Contribute to a group atmosphere of confidentiality, honesty and transparency.
- Pray every week for the other members of my D-Group and those in my life who don't know Jesus.
- Pray and look for others in my life who I can invite into a new D-Group when my current group multiplies.

Signed Member: \_\_\_\_\_

Signed Leader: \_\_\_\_\_

Date: \_\_\_\_\_

# BIBLE ENGAGEMENT & PRAYER

The pace and content of the conversation is set by the discernment of the leader. The times will vary depending on the amount and personalities of the people in the group.

## NORMAL D-GROUP RHYTHM

### FELLOWSHIP

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🕒 **10 Minutes** Spend the first ten minutes catching up. If you want, you can be more structured in this time and have each person share his or her “high” and “low” of the week.

### BIBLE ENGAGEMENT

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🕒 **30-40 Minutes** Discuss your H.E.A.R. Journals with each other, quote your Bible verse, and share how the Word of God impacted your life this week.

### ACCOUNTABILITY

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🕒 **10-20 Minutes** In addition to our H.E.A.R. Journal question, we will discuss a question from the Accountability Questions on page 14.

### EVANGELISM

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🕒 **10 Minutes** We always ask: “How have you prayed for and invested in your neighbors this week?” Use page 12 as a reference.

### PRAYER

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🕒 **10 Minutes** Continue by having each person share something specific and personal that the group can pray for.

# WHAT IS A H.E.A.R. JOURNAL?

*A H.E.A.R. Journal is a simple way to help you read the Bible with the intention of applying it.* By asking four simple questions, you can understand and apply any passage. In addition, journaling is a great discipline because it helps you retain three times more of what you read.

Every week, each of us will share a H.E.A.R. Journal entry and discuss what we have heard from God's Word. There is not a set amount of H.E.A.R. Journals that you must do each week, but the goal with this discipline, as with all of the others, is to improve as time goes on. Consider how often you currently journal and do "+1" of that. So, if you have never journaled, just try to do a couple a week. If you journal occasionally, try to do three times a week. The hope is that as you get more comfortable with this discipline and experience its benefit, you will want to increase this number throughout the semester.

Take a look at the H.E.A.R. Journal example on page 9. As you read through your verses this week, create a H.E.A.R. Journal by using these four questions:

- **H (HIGHLIGHT):** What is a verse(s) that stood out to you in your reading?
- **E (EXPLAIN):** What is the author's intended meaning in the context of the passage?
- **A (APPLY):** What is the principle to live by today?
- **R (RESPOND):** How will I respond to the application in my relationships and/or situations this week?

When the group gets together next week, you will share your H.E.A.R. Journal, and as a group, discuss how to best use this method.

# SAMPLE H.E.A.R. JOURNAL

READ: PHILIPPIANS 4:13

DATE: MARCH 10, 2025

TITLE: SECRET OF CONTENTMENT

**H (HIGHLIGHT)** - "I am able to do all things through Him 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 like You. Through Your strength, I can make it through any situation I face.

# HOW WILL WE DO SCRIPTURE MEMORY?

*As a believer, it is important to engage with scripture by memorizing verses.* Unfortunately, this discipline is often overlooked. Memorizing verses allows us to store God's Word in our hearts, as stated in Psalm 119:11, and meditate on the truth intended for our lives.

To start, your group can choose how to practice this discipline. You can create your own plan and pace. It's recommended that you all use the same translation and hold each other accountable during each meeting.

- **How are you at Scripture memorization?**
- **Do you have many Bible verses memorized?**
- **What plan do we want to commit to?**

# ACCOUNTABILITY & EVANGELISM

Below is the example of D-Group meeting flow. This is a helpful reminder of how what you learn today will be implemented in the future week.s

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### EVANGELISM

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🕒 **10 Minutes** We always ask: “How have you prayed for and invested in your neighbors this week?” Use page 12 as a reference.

### PRAYER

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🕒 **10 Minutes** Continue by having each person share something specific and personal that the group can pray for.

# NEIGHBORHOOD EVANGELISM



## PRAY

### 1) Get to know your neighbor

*We are called to "love our neighbor" and we can't do this if we don't know our neighbor. Choose the 8 to 10 houses nearest to you to pray for, connect with, and minister to. Get to know their names, their kid's names, their pet's names, where they work, etc.*

### 2) Pray for your neighbors by name

*Commit to praying for each of your neighbors. Walk the neighborhood and ask God to open opportunities to talk to them about spiritual things. Pray for their protection and for their children.*



## CARE

### 3) Intentionally reach out monthly

*Try to do something for each of them once a month. Bake them some cookies, mow their yard, or just send a text asking how life is going. This just shows them you care about them, and you're available if they need anything.*

### 4) Be present in your neighborhood

*Play in the front yard instead of the backyard with your kids. Sit on your front porch when you see neighbors outside. Join them for a walk. This opens opportunities to get to know them better and share truth with them.*

### 5) Host outreach opportunities for your neighborhood

*The church will help resource you with these ideas, but it's up to you to own them in your neighborhood. Examples are block parties, sport watch parties, egg hunts and Fall festivals. This is a great time to partner with other First West families in your own neighborhood.*



## SHARE

### 6) Invite them to church or your LIFE Group

*Some people would not think of attending a church service but would gladly go to a LIFE Group meeting where you were either leading or attending. If they are already active in a local church, affirm them. If they are not, those are the neighbors you should invite!*

### 7) Know the Gospel and be intentional

*The aim of hospitality is to forge relationships strong enough to bear the weight of truth. Know how to share your testimony and the Gospel (we recommend the 3 Circles). Be ready to do so and look for these opportunities.*



# BLESS EVERY HOME

You are not in your home or neighborhood by accident. God has placed you there to make a difference for the Kingdom! Bless Every Home gives you the tools to become a Light for Christ in your neighborhood. It provides all the tools to get to know your neighbors by name so that you can begin to build relationships with them. Use your dashboard to track your individual progress with each neighbor. You will even receive optional daily reminder emails with a prayer prompt and 5 neighbors to pray for that day. In your D-Group, you will hold each other accountable to Pray, Care, and Share with your neighbors.

## How to become a Light in your neighborhood

- Visit the link - <https://blesseveryhome.com/signup/>
- Click sign up now
- Create an account by entering your name and email address, also create a password
- Go to your email inbox and find the email from Bless Every Home
- Click CONFIRM EMAIL ADDRESS
- The Bless Every Home Dashboard for your account will appear
- Click Settings
- Choose 10 for your neighborhood size list: this the number of homes you are willing to pray for
- Check the days you would like to receive reminder emails
- Make sure the SHOW AS A LIGHT and WELCOME NEW MOVERS boxes are checked
- Once you have made your settings, click SAVE SETTINGS
- Go download the app and sign in

# ACCOUNTABILITY QUESTIONS

## CORE QUESTIONS

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Each time we meet, we ask these two questions:

*Which of your H.E.A.R. Journals stood out the most to you this week and what are you doing about it?*

*How have you been praying for and investing in your neighbors this week?*

## ADDITIONAL QUESTIONS

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With the additional time that you have in the group, as your group specific questions that will allow them to share about additional parts of their life.

*How have you been feeding your soul?*

*How have you been feeding others?*

*How have you been feeding your flesh?*

## NOTE

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One suggestion is to ask each person to share with the group their answer to the following question: "Which question grabs your attention the most and why?"