

A GUIDE TO

D-Groups



Helping people
meet, know, and follow Jesus

THE CHAPEL
grouplife



Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

Matthew 28:18-20

Introduction

The Next Steps team desires to encourage, equip, and empower you and D-groups are a great way to accomplish that goal. By participating in one of these unique groups, you are committing to a rhythm of accountability, Bible reading, journaling, prayer, and Scripture memory.

QUESTIONS WE WILL ANSWER

What is a D-Group?

What does a D-Group do?

How do D-Group members grow?

How does a D-Group start?

What do D-Groups do when they meet?

Why and how do D-Groups multiply?

At The Chapel, our mission is to help people meet, know, and follow Jesus. D-Groups fulfill this mission as well as provide an opportunity for you to share Jesus with others. Let's be a church where disciples make disciples!

*our mission is
to help people
meet, know,
and follow
Jesus.*

what is a **D-GROUP?**

A D-Group is a gender-specific, closed group that meets weekly to grow spiritually through discipleship relationships. On the next page is a breakdown of the characteristics of D-Groups and how they compare to Community Groups.



THE DIFFERENCES between ***COMMUNITY GROUPS*** and ***D-GROUPS***

COMMUNITY GROUPS

Life-changing community of people who meet regularly to share their lives in authentic relationships

D-GROUPS

Gender-specific, closed group that meets weekly for structured discipleship

Description

Not-yet, new, & mature believers

Make-up

Believers

Co-ed or gender specific

Dynamic

Gender specific

Open group

Type

Closed group

10-20 people

Size

3-5 people

Fall/Spring Semesters

Timeframe

Ongoing

Sermon-based discussion questions

Curriculum

Chapel Bible Reading Plan

Socialize, Study, Support, Send

Components

Accountability, Bible Reading, HEAR Journaling, Prayer, Scripture Memory

Add D-Groups and multiply into more Community Groups

Growth Expectations

Disciples who multiply to make more disciples

“..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.”

1 Timothy 4:8

11 TIMOTHY 1

is committed to thy trust, avoiding profane and vain babblings, and oppositions of science falsely so called:

21 Which some professing have

THE SECOND EPISTLE OF PAUL THE APOSTLE

TIMOTHY

CHAPTER 1

PAUL, an apostle of Jesus Christ by the will of God, according to the promise of life which is in Christ Jesus,

2 To Timothy, my dearly beloved son: Grace, mercy, and peace, from God the Father and Christ Jesus our Lord.

3 I thank God, whom I serve from my forefathers with pure conscience, that without ceasing I have remembrance of thee in my prayers night and day,

4 Greatly desiring to see thee, being mindful of thy tears, that I may be filled with joy.

5 When I call to remembrance the unfeigned faith that is in thee, which dwelt first in thy grandmother Lois, and thy mother

Elenora; and thy mother that in thee also.

6 Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee by the putting on of my hands.

7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

8 He not thou therefore ashamed of the testimony of our Lord, nor of me his prisoner: but be thou partaker of the afflictions of the gospel according to the power of

Advice to Timothy
erred concerning the faith. Grace be with thee. Amen.

8 The 1st to Timothy was written from 18 66-67 A.D., which is the shadow cast of Phil. 2:19-3:1 A.D.

11 Who hath saved us, and called us with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began.

10 But is now made manifest by the appearing of our Saviour Jesus Christ, who hath abolished death, and hath brought life and immortality to light through the gospel.

11 Whereunto I am appointed preacher, and an apostle, and a teacher of the Gentiles.

12 For the which cause I also suffer these things: nevertheless I am not ashamed; for I know whom I have believed, and am persuaded that he is able to keep that which I have committed unto him against that day.

13 Hold fast the form of sound words, which thou hast heard of me, in faith and love which is in Christ Jesus.

14 That good thing which was committed unto thee keep by the Holy Ghost which dwelleth in us, that thou mayest not deny the confession which is made in Antioch, and Hierusalem, and in the cities whither I have come: that thou mayest not suffer to be blasphemed, as I suffer, who am now in prison for the word of God.

15 If thou shalt deny this confession, I will deny thee, and thou shalt have thy part with him that denyeth me.

16 The Lord give mercy unto thee abundantly in Christ Jesus our Saviour, who hath saved us, and called us with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began.

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Conduct to prize and show

17 But, when he was in Rome, he sought me out very diligently, and found me.

18 The Lord grant unto him that he may find mercy of the many things he hath ministered unto me at Ephesus, thou knowest very well.

CHAPTER 2

THOU therefore, my son, be strong in the grace that is in Christ Jesus.

2 And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also.

3 Thou therefore endure hardness, as a good soldier of Jesus Christ.

4 No man that warreth entangleth himself with the affairs of this life; that he may please him who hath chosen him to be a soldier.

5 And if a man also strive for mastery, yet is he not crowned, except he strive lawfully.

6 The husbandman that laboureth must be first partaker of the fruits.

7 Consider what I say; and the Lord give thee understanding in all things.

8 Remember that Jesus Christ of the seed of David was raised from the dead according to the gospel.

9 Wherein I suffer trouble, as at thorns, because of the word of God; which is not bound, but is fastened unto our bonds; that we might bring forth the fruit of righteousness unto every good work.

10 Therefore I endure all things for the elect's sakes, that they may also obtain the salvation which is in Christ Jesus with eternal glory.

11 It is a faithful saying: For if we be dead with him, we shall also live with him:

11 TIMOTHY 2

12 If we suffer, we shall also reign with him: if we deny him, he also will deny us:

13 If we believe not, yet he abideth faithful; he cannot deny himself.

14 Of these things put them in remembrance, charging them before the Lord that they strive not about words to no profit, but to the subverting of the hearers.

15 Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

16 But shun profane and vain babblings; for they will increase unto more ungodliness.

17 And their word will eat as doth a canker of whom is Hyrcanus and Phileas.

18 Who concerning the truth have erred, saying that the resurrection is past already; and overthrow the faith of some.

19 Nevertheless the foundation of God standeth sure, having this seal: The Lord knoweth them that are his. And, Let every one that nameth the name of Christ depart from iniquity.

20 But in a great house there are not only vessels of gold and of silver, but also of wood and of earth, and some to honour, and some to dishonour.

21 If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, and prepared unto every good work.

22 If thou shalt have these things, thou shalt be fruitful in righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.

23 But foolish and unlearned questions avoid, knowing that they generate strifes.

24 And the servant of the Lord

WHAT does a D-Group do?

Each week, groups will train one another by engaging in these five grace-filled disciplines:

1
Accountability

2
Bible Reading

3
H.E.A.R. Journal

4
Prayer

5
Scripture Memory

HOW

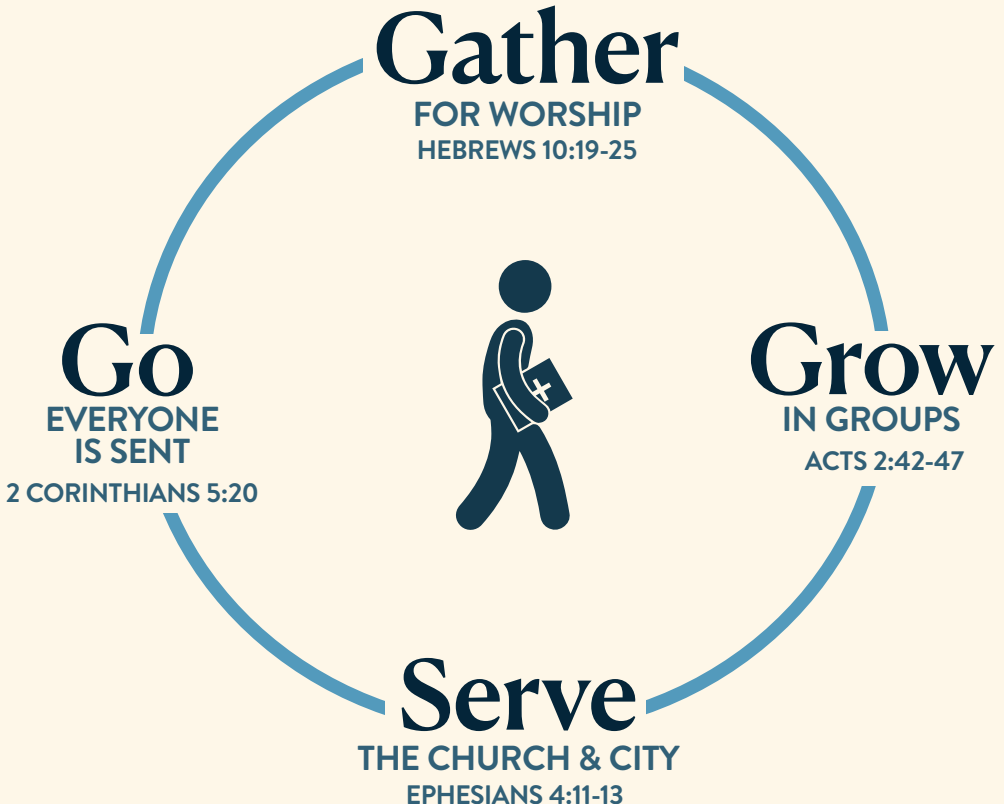
will D-Group members grow?

By engaging with The Chapel's Discipleship Pathway, we believe members will grow in their faith. We want people to **gather** in worship, **grow** in groups, **serve** the church and the city with their gifts, and **go** by living sent.

The

Discipleship

Pathway



MARKS of a DISCIPLE

As members grow by **participating in the discipleship pathway**, we believe these marks of a disciple will be evident...



who is



who is



who is



The background features a dark blue field with several overlapping shapes in a lighter blue shade. These shapes include a large, irregular polygon at the top, a large circle in the lower half, and a smaller circle partially overlapping the larger one. The text is centered over the overlapping circles.

Five Grace-Filled Disciplines

Accountability 1

Confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

- James 5:16

If we claim to have fellowship with him (Jesus) and yet walk in the darkness, we lie and do not live out the truth. But if we walk in the light, as he is in light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

- 1 John 1:6-7

Relational accountability is important to the life of a believer. Members will create an atmosphere that fosters authenticity and vulnerability, allowing them to walk in the light in all areas of their lives. In the D-Group format, this plays out both inwardly and outwardly. The following questions are what each group should aim to cover in their meetings:

INWARDLY

What is the condition of your heart?

What do you need to surrender to God?

Have you hurt anyone with your words or behavior?

What sin do you need to confess?

OUTWARDLY

How have you prayed for and invested in the people around you?

Have you shared your faith when you had the chance?

Who are you praying for?

Pray. Invest. Invite.

At The Chapel, we use a outreach strategy called "Pray, Invest, Invite" to help guide members as they strive to make a spiritual impact in their spheres of influence. The primary way God will use The Chapel to reach the city is not through programs, but through each person individually.

Pray.

Pray for opportunities to invest in and have conversations with those around you about Jesus. Remember to talk to God about people before talking to people about God!

Invest.

Strive to build genuine relationships that develop trust and lead to influence. Begin taking steps to engage and invest in your neighbors, coworkers/classmates, and friends.

Invite.

Look for opportunities to invite them to the next appropriate thing, whether that is joining you for dinner, visiting your Community Group, or attending church with you - either online or on-site.

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Invest. Invite. Pray. Invest. Invi
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e. Pray. Invest. Invite. Pray. Invest.

Pray for • Invest in • Invite to

Family Member

Friend

Co-worker/Classmate

Neighbor

put first name only

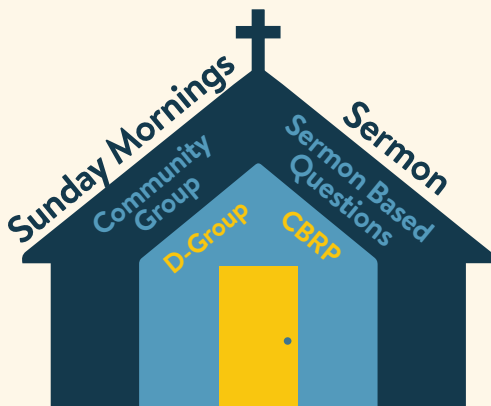


Bible Reading ²

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.

- 2 Timothy 3:16-17

Each week the group will read through passages in the Chapel Bible Reading Plan. The Next Steps Team has aligned the reading plan with the sermon content and selected five chapters per week to read. This allows for deeper understanding and a continuation of the conversation from the Sunday services. Below is a visual depiction of how these pieces are aligned:



The Chapel Bible Reading Plan can be found on our website at thechapelbr.com/bible-plan. There are additional plans to choose from, too. A daily rhythm of Bible reading is a win for every D-Group!

Scan for CBRP



H.E.A.R. Journal

The H.E.A.R Journal method is a simple way to respond to Bible reading and intentionally apply it in practical and personal ways. With each passage, the reader answers a series of questions based on the following:

Highlight

What is a verse(s) that stood out to you in your reading?



H

Explain

What is the author's intended meaning in the context of the passage?

E

Apply

What is the principle to live by?

A

Respond

How will I respond to the application in my relationships and/or situations this week?

R

Each week the group will come prepared to share their H.E.A.R. Journal entries. Members should ask one another the following question:

“Which of your H.E.A.R. Journal entries stood out the most to you this week and how are you acting on it?”

Take a look at the H.E.A.R. Journal example to see how each of these questions are answered:

Read: Philippians 4:13

Date: July 15, 2021

Title: Secret of Contentment

H- “I am able to do all things through Him who strengthens me.” - Philippians 4:13

E- Paul was telling the church at Philippi that he had 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- In my life, I will experience many ups & 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- Lord Jesus, please help me as I strive to be content with my job. Through your strength I can go to work and maintain a good attitude.



4 Prayer

Spend intentional time each week praying as a group. Budget time for it and plan accordingly so it isn't squeezed in briefly at the end. Consider doing it at the beginning of the meeting to ensure it gets done well. Make it a priority each week and it might become your group's favorite part!

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

-Philippians 4:6

Effective Prayer Strategies

Praying in small groups has a reputation for being challenging. Some find it intimidating to pray out loud and others grow restless when one person prays for a long time. Corporate prayer, however, was designed to be a powerful, intimate experience and effective prayer strategies can help your group grow closer.

Talk to God, not the people in the room

Challenge the group to block out other people and imagine talking just to God. Often prayer is a method for telling people in the group what is going on, while hoping God is listening. By talking just to Him, the members will be less concerned with how they sound to others.

Pray short prayers

God does not need reminders, lengthy details or flowery dialogue to hear from us. Consider these simple, concise prayers: “Father, help me deal with _____.” “Give me wisdom to know how to handle _____.” “Please heal _____.” Praying short prayers eliminates the pressure to sound spiritual and helps those that are intimidated to pray out loud.

Pray one topic at a time

After one person prays a short prayer, pause and see if anyone else has a short prayer related to the same topic. Allow as many people who want to pray on that topic to speak and then naturally move to a different topic. Here is an example of four different people praying:

FIRST TOPIC:

“Father, please help Jane to forgive John.”

“Yes, God, give her the courage to lay down her hurt and give it to You.”

“Give Jane eyes to see how YOU see John. Give her love for him.”

“Please heal the pain in Jane’s heart and help her move on.”

Then move on to the NEXT TOPIC and follow the same rhythm.

The Holy Spirit will guide the group to cover one topic in many different ways. Group members are encouraged as they listen to multiple people pray for their issue. And the topics will naturally flow from one to another.

Agree in your heart with others who are praying out loud

Listening to others pray, while silently agreeing with them, keeps our minds from wandering and helps each member to stay engaged. Challenge your group to develop this discipline.



5

Scripture Memory

Within the Chapel Bible Reading Plan there is a selected memory verse for each week. Ask your group to spend time meditating on it and memorizing it throughout the week. Spend time reciting verses to one another and discuss any application the group gleaned from them.

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

- Hebrews 4:12



HOW TO

start a d-group



Begin praying for the group!



Invite friends from Community Group, work, neighbors, or anyone in your life who **know each other and are believers.**



Decide on a day of the week, time, and location to meet that works for everyone.



Pick a day to get started.



Register your D-Group on Church Center at thechapelbr.com/grouplife or scan the QR code below



Each of the five grace-filled disciplines should have a place in the normal D-Group rhythm. Aim to touch on each of the five disciplines but realize that sometimes there is not enough time. Decide within the group which ones are a priority and structure the time accordingly. See below a proposed breakdown of a typical D-Group meeting:

Fellowship

⌚ 5-10 minutes

Spend time catching up as a group. Talk casually or ask a structured question. (i.e. What was the high point and the low point of the week?)

Bible Reading & H.E.A.R. Journals

⌚ 20-30 minutes

Discuss what God has been teaching each member this week

Relational Accountability

⌚ 20-30 minutes

Choose from the list of accountability questions and be sure to update on Pray, Invest, Invite.

Prayer

⌚ 10-15 minutes

Spend time as a group praying together.

Scripture Memory

⌚ 5 minutes

Have each member share the memory verse for the week.

*what
will
D-Groups
do*

*when
they
meet?*



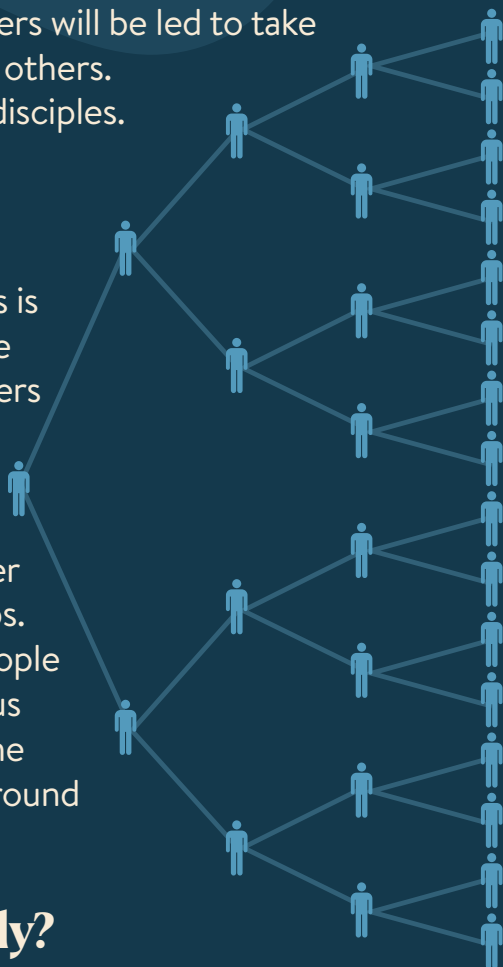
multiplication

What is D-Group multiplication?

Over time D-Group members will be led to take their next step and disciple others. We believe disciples make disciples.

Why multiply?

The Chapel believes the command to make disciples is not for a select few who are called to go to the far corners of the world, but for every follower of Christ. As a church, we seek to fulfill this commission in a number of ways, including D-Groups. By doing so we will help people meet, know and follow Jesus on the campus of LSU, in the city of Baton Rouge, and around the world.



How do we multiply?

Ask God to reveal to you who you will disciple next. This can be in the form of a D-Group or it could be meeting a friend one-on-one during the week. Within the first month of your D-Group meeting discuss multiplication. It may feel comfortable to stay with your D-Group but we challenge you to take your next step to disciple others.

Set an expectation for multiplication by having this discussion as the group begins to meet. Ask these types of questions as the group considers multiplication:



Celebration

- How has the Lord used this group to bless you in your walk?

Timing

- Who in your life could use a group like this?
- Is God leading you to disciple them?
- Who from your Pray, Invest, Invite group has made the decision to follow Jesus?
- Are they in a discipleship relationship?

Invitation

- When will you make the transition from this D-Group to lead another?

Preparation

- Do you feel equipped to lead a D-Group?

D-Group Covenant

Ask each member of the group to make a personal commitment and sign the following D-Group Covenant.

I will...

- Give myself fully to the Lord during this time as I anticipate a season of spiritual growth.
- 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 and prayer requests.
- Commit to the five grace-filled disciplines: Accountability, Bible reading, H.E.A.R. Journals, Prayer, and Scripture Memory.
- 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 disciple when my group decides to multiply.

Signed Member

Date

Registration & Resources



Visit the grouplife page on our website for updated resources, registration and information.

thechapelbr.com/grouplife

Join our Chapel GroupLife Facebook page and Instagram accounts for ongoing coaching and updates.



instagram.com/chapelgrouplife



facebook.com/chapelgrouplife

THE
Chapel