

D-Group Overview

Introduction:

D-Group, (*short for Discipleship Group*) is a gender specific, closed group of 3-5 Christ followers, (*including the leader*) who meet together regularly for the purpose of accelerated spiritual transformation. D-Groups are made up of men or women out of the same Connect Group who covenant to growing deeper together for a specific period of time.

- D-Groups by nature are not evangelistic in function, but in the fruit that they bear.
- There are exceptions to every rule. If you have a friend who is interested in joining your group, but he or she does not meet the expectations, ask one of our pastors for approval.

Expectations

1. Actively attends Connect Group, (50% or more of the time).
2. Actively serves within Biltmore Church, (at least once a month).
3. Meet together at weekly or bi-weekly.
4. Commit as a group to a Bible reading plan.
5. Ask all mutually agreed upon accountability questions at each meeting.
6. Pray gospel-centered prayers for one another.
7. Protect the confidentiality of what is shared within the D-Group.

Growing Deeper Options

8. Memorize Scripture and recall verses at each meeting.
9. Journal weekly from Bible reading plan.
10. Read and discuss from our recommended discipleship books.

1 hour or 1.5-hour Sample Meeting:

MINUTES	
10 – 15	Mix and mingle, then open your time in prayer.
15 – 25	Discuss your weekly Bible reading. <i>Example: "What is God teaching you?"</i>
25 – 35	Ask mutually agreed upon accountability questions.
10 – 15	Share and pray Gospel-centered prayers for one-another.

Note: *This is a sample guide. Trust the Holy Spirit and be sensitive to needs or hurts within the group and spend the appropriate amount of time caring for those needs.*

1) How do I start a D-Group?

- First, are you actively attending a Connect Group? Have you spoken with your CG leader?
- Have you prayed about who you should invite, (*see Luke 6:12*)
- Are they active in CG, (60%) & Serving, (25%)?
 - i. Our desire is for D-Groups to strengthen and mature individuals in their faith. If you desire to make an exception, check with your Campus Pastor first, then if they agree stay committed to seeing everyone uphold their covenant of active CG attendance and serving monthly.

2) When Do I start my D-Group?

We try to launch D-Groups at the kick-off of each semester, (September & January). With that being said, we can launch a D-Group any time. Just check with your CG leader and ask him/her to communicate that with church leadership.

3) Can we add other resources?

We've intentionally designed D-Groups to be as simple, beneficial, and reproducible as possible. For the first semester we ask that you keep to the core expectations. Then, you are welcome to add memorizing Scripture or other approved resources to your group meeting format.

4) When and where do we meet?

This is up to each D-Group? There are nights of the week, (like Wednesday) when your church campus has child-care options. Otherwise, you are free to meet as early or late as you like. We just ask that you meet consistently (weekly for 1 hour or bi-weekly for 2 hours).

5) Why are D-Groups by invitation only?

While Connect Groups are open to visitors, D-Groups are not. This is to protect the confidentiality of the group and to serve as a "reward" for those who are most serious about growing in their faith. Also, we don't want to approve more participants than we have leaders to facilitate.

6) How long am I committing to my D-Group?

We are asking D-Groups to covenant to meet together semester by semester. Meaning, (January - May) & (September to December). Your group is always able to continue meeting, but we also believe it's healthy to build in breaks.

Multiplication: It is our desire that your group would multiply future groups. Because your D-Group is made up of your Connect Group, we hope you will continue to invite and invest in those who haven't participated yet. No D-Group should be made up of the exact same members for more than 2 consecutive semesters.

7) What is the difference between a D-Group and David's Men?

David's Men is a highly intentional discipleship environment in which 4-8 men (only) covenant together for 9 months. Each month emphasizes a different area for men to be challenged to grow in. D-Groups are made up of 3-5 (men or women), out of the same Connect Group that covenant together by semester around 3 major areas: Bible reading, accountability questions, and Gospel-Centered prayers.

D-Group Covenant



For the purpose of my own spiritual growth, this upcoming semester I commit to the following expectations:

1. I will actively attend, (*more than 60%*) weekly worship services, as well as a weekly Connect Group.
2. I will actively participate in my D- Group weekly for one hour or bi-weekly for two hours.
3. I will commit to actively serving, (*at least once a month*) within Biltmore Church.
4. I will commit to a weekly Bible reading plan.
5. I will answer all mutually agreed upon questions with honesty and transparency.
6. I will pray faithfully for the members of my D-Group.
7. I will protect the confidentiality of what is shared within my D-Group, and I will not share any of it without permission.
8. At the end of the semester I will prayerfully consider how my D-Group can multiply so others can be disciplined as well.

***Note:** The members of the D-Group should not remain the same for more than 2 consecutive semesters.

If I fail to meet any of the above expectations, (*without and approved reason by my D-Group Leader*) I understand that I will be asked to step out of my D-Group for the remainder of the semester.

Participant's Signature: _____

Leader's Signature: _____

Date: _____

**** Return this signed covenant to your D-Group leader. Your D-Group leader will keep this copy for the duration of your group meeting time.**

Accountability Questions



We ask that you dedicate your D-Group prayer time to praying Gospel-Centered Prayers. This simply means that during this time, you not pray for the needs of others outside of your D-Group. This may feel odd at first, but we can all get busy and distracted with the needs of others and neglect to care for our own souls. Your D-Group prayer time is much like the flight attendant asking you to put the oxygen mask on yourself first.

Your Gospel-centered prayers will flow out of the accountability time. The areas of weakness or struggles that are shared within your D-Group are the requests that we want you to focus your prayer time on. This is a time to pray boldly over these requests and celebrate as you see God move in your group's lives.

Below are some guidelines for praying Gospel-centered prayers in your D-Group time

1. Pray in Jesus' Name

- There is power in the name of Jesus. Claim victory in His name during your prayers.

"If you ask me anything in my name, I will do it." (John 14:14)

2. Pray with Confidence

- Pray in faith with confidence that your Heavenly Father really is listening.

"The prayer of a righteous person has great power as it is working." (James 5:16b)

3. Pray with a Kingdom Mentality

- Pray with a desire to see God's sovereign will, and not your own be done.

"Your kingdom come, your will be done on Earth as it is in Heaven." (Matthew 6:10)

4. Pray in One Accord

- There will be times that everyone in the group pray for the same request.

"Where two or three are gathered in my name, there am I among them." (Matthew 18:20)

5. Pray in the Spirit

- Be sensitive to anything that the Holy Spirit might lay on someone's heart to share.

"For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words." (Romans 8:26b)

Example Gospel-Centered Prayer

Father, we come to you in the strong name of Jesus, asking boldly, and in confidence that you give (insert name) victory over their request. We know that what they are asking for is in accordance with Your will and ask that Your Spirit strengthen them this very moment. In moments of weakness, remind him/her that your Word says in Romans 8:37 that we are more than conquerors in Christ. We pray this in your Son Jesus' most Holy name!

Bible Reading Plans:

- Books of the Bible: <https://www.bible.com/reading-plans-collection/1480-partial>
- 5 Day a Week plans: <https://replicate.org/foundations/>

Discipleship Resources

- Digital: RightNow Media (*ask one of our Pastor's if you don't have access.*)
- Recommended Discipleship Books:



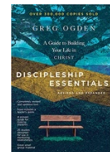
30 Days to Understanding the Bible – Max Anders
If you've ever confused the ark of the covenant with the ark of Noah, or Jericho with Jeroboam, then this book by Max Anders is a great tool to help anybody better understand the Bible.



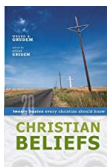
Growing Up – Robby Gallaty
This book offers a manual for making disciples who make disciples and addresses the what, why, where, and how of discipleship.



Multiply – Francis Chan
Jesus gave his followers a command: "Follow me." And a promise: "And I will equip you to find others to follow me." We were made to make disciples. This book, with spaces to write in responses, is a great discipleship tool for any D-Group.



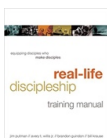
Discipleship Essentials – Greg Ogden
We grow in Christ as we seek him together. Jesus' own pattern of disciple-making was to be intimately involved with others and allow life to rub against life. This workbook is a tool designed to help you follow this pattern that Jesus drew for us.



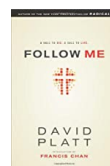
Christian Beliefs – Wayne Grudem
Whether you're a relatively new believer in Jesus or a mature Christian, this is a great book for to help you in developing a better understanding of the basics of Christian faith.



Spiritual Leadership – J. Oswald Sanders
The quintessential book on Christian Leadership, this book presents the key principles of leadership in both the temporal and spiritual realms. Sanders uses examples such as Moses, Nehemiah, Paul, Charles Spurgeon, and many more.



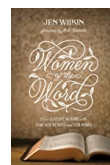
Real Life Discipleship Training Manual – Jim Putnam
This is a companion manual to *Real-Life Discipleship*. It provides guidance and insight for pastors, church leaders, and anyone working to create an effective discipleship program/group.



Follow Me – David Platt
We want to be Christians as long as it does not intrude on our lifestyle, preferences, comforts, or religion. The call to follow Jesus is not simply an invitation to pray a prayer; it's a summons to lose your life and find a new life in him. This book will show you what that life looks like.



The Master Plan of Evangelism – Robert Coleman
What was Christ's strategy for evangelism? Instead of looking towards the latest and most popular fad, this takes a closer look to the Bible for the answer to this question.



Women of the Word – Jen Wilkin
We all know it is important to study God's word, but sometimes it is hard to know where to start. This book, written for Christian Women, will help you develop a clear and concise plan to use every time you open your Bible.

Note: Please check with your Campus Pastor if you would like to use another book or resource.