

A person with glasses is looking down at an open book on a wooden table. The book is open to a page with text. The person's hands are visible, holding the book. The background is a wooden table with a cup and a notebook. The text "D-GROUP" is overlaid in a red banner at the top.

# D-GROUP

A red graphic of an open book with a wavy line underneath it. The book is open to a page with text. The wavy line is red and has a white border. The text "starter kit" is overlaid in a red banner at the bottom.

## starter kit

# LEADER RESOURCES

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## GROUP REGISTRATION



Have you registered?

Registering your group allows us to send you important information and helpful resources. We need all Community Group and D-Group Leaders to register their groups!

**Register your group at:**  
**[thechapelbr.com/groupleaderresources](http://thechapelbr.com/groupleaderresources)**

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## DISCIPLE MAKING PODCAST



Subscribe to get practical advice for you as a Group Leader. In 15-20 minute episodes, we tackle FAQs. And with over fifty different episodes, there will undoubtedly be a question we can answer for you! Topics include:

- \* D-Group Starter Kit Prep for Week 1, 2, and 3
- \* How to have a better HEAR Journal Discussion
- \* How to get past surface level accountability
- \* How to fit everything into a D-Group Meeting
- \* How to balance grace and commitment in D-Group

**Subscribe to the podcast at:**  
**[thechapelbr.com/groupleaderresources](http://thechapelbr.com/groupleaderresources)**

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# LEADER RESOURCES

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## RESOURCES & HANDOUTS



Helpful resources:

- \* D-Group Covenant
- \* MARCS Assessment
- \* Community Group & D-Group Booklets
- \* HEAR Journal

Find these and more at our Group Leader Resource Page.

[thechapelbr.com/groupleaderresources](http://thechapelbr.com/groupleaderresources)

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## WEEKLY UPDATE

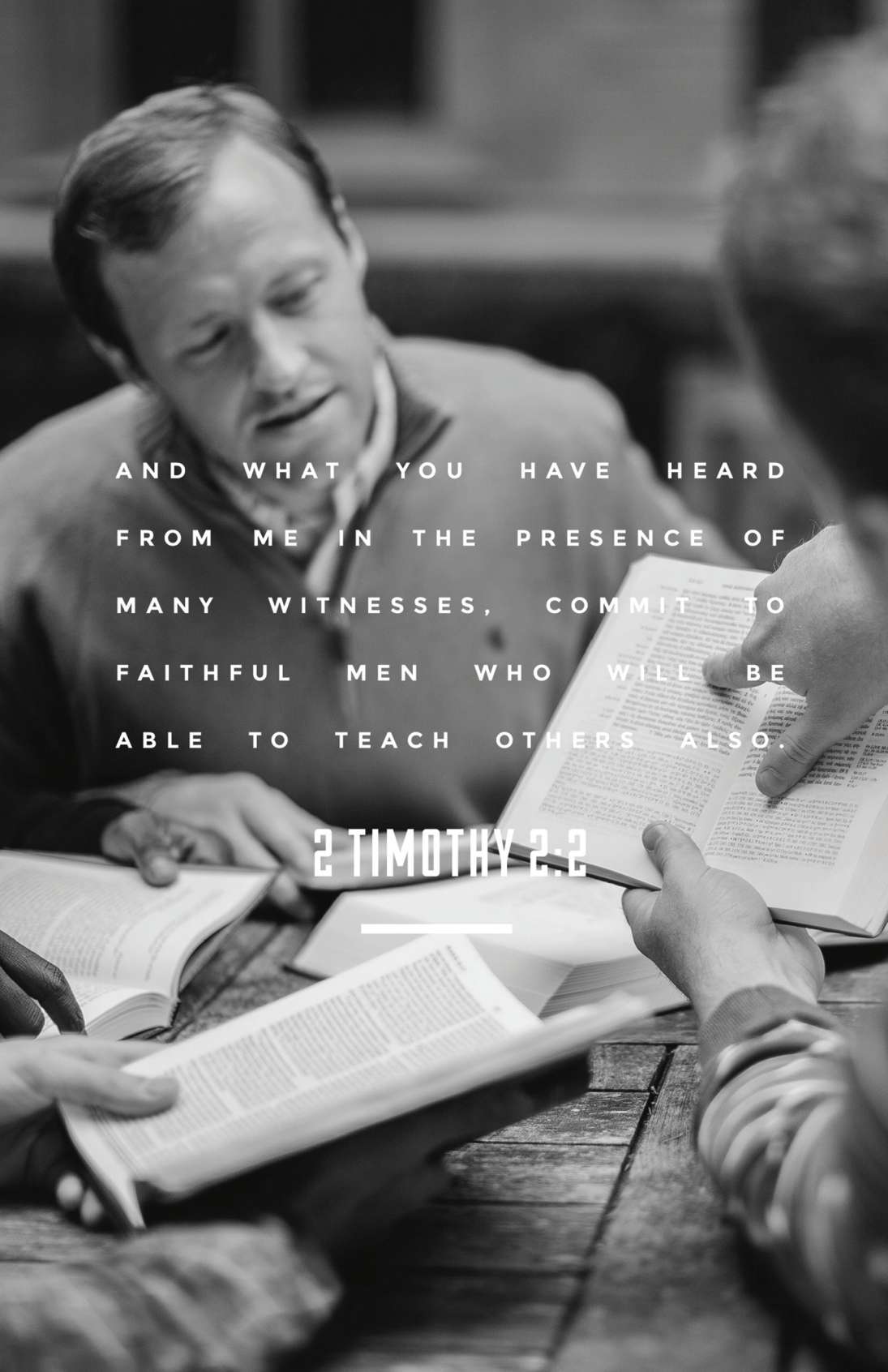


Each Thursday, we send out a Group Leader email. In this email, we will share with you one or two things that are important to focus on in the upcoming week!

**Look for it in your email box**  
**(If you need to update your information, please email [sharon.holeman@thechapelbr.com](mailto:sharon.holeman@thechapelbr.com))**

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AND WHAT YOU HAVE HEARD  
FROM ME IN THE PRESENCE OF  
MANY WITNESSES, COMMIT TO  
FAITHFUL MEN WHO WILL BE  
ABLE TO TEACH OTHERS ALSO.

2 TIMOTHY 2:2

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# D-GROUP STARTER KIT

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## HOW TO USE THIS BOOK:

The next 12 months of your life will be an exciting time as you enter a season of accelerated spiritual transformation. 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. And as His Spirit works in our lives, it creates a passion to help others experience the same thing.

The D-Group Starter Kit 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 few weeks of meetings.

This resource will help your group have three important conversations:

**Week 1 - Getting Started:** During the first meeting you will set clear expectations for the group and get to know one another. This booklet provides a couple of simple exercises that do both of these things and lay a strong foundation for your group!

**Week 2 – Introducing HEAR Journals and Scripture Memory:** The second week you will begin to get into the rhythm of our five grace-filled disciplines. We explain what a HEAR Journal is and why Scripture Memory is so important.

**Week 3 – Introducing Accountability and Prayer:** The third week we continue our weekly rhythm through the grace-filled disciplines while also introducing our second accountability question and explaining how we will pray for one another.

## LEADER PREPARATION

At the beginning of each section, there is a page specifically designed to help leaders prepare for the discussion. It is not necessary for members to complete these tasks.

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# LEADER PREPARATION FOR WEEK 1

## REGISTER YOUR D-GROUP:

[www.thechapelbr.com/groupleaderresources](http://www.thechapelbr.com/groupleaderresources)

## PODCAST:

Listen to the Podcast Episode: "D-Group Starter Kit: Week 1"

## NOTES

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# WEEK 1

## GETTING STARTED

### What will we do?

#### 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.”

We train in godliness by weekly committing to the **five grace-filled disciplines**.



#### 5 GRACE-FILLED DISCIPLINES

Accountability  
Bible Reading (Chapel Bible Plan)  
HEAR Journal  
Prayer  
Scripture Memory

Which of the grace-filled disciples are you currently doing well?

Which do you need to grow in the most?

### What will God do?

#### 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, joints and marrow; it judges the thoughts and attitudes of the heart.”

Each of these verses speak to how **the Holy Spirit uses God’s Word to change our lives**. Though we commit to the disciplines above, 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.





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## What will happen?

As we allow the Word of God to work in our lives, we will see its impact through five areas known as the MARCS of a Disciple.

### MARCS of A Disciple

#### **Missional:**

A disciple engages with those unengaged with the church.

#### **Accountable:**

A disciple is open and transparent about how one is allowing the Gospel to impact their life.

#### **Reproducible:**

A disciple invests in other men and women who are faithful, available, and teachable.

#### **Communal:**

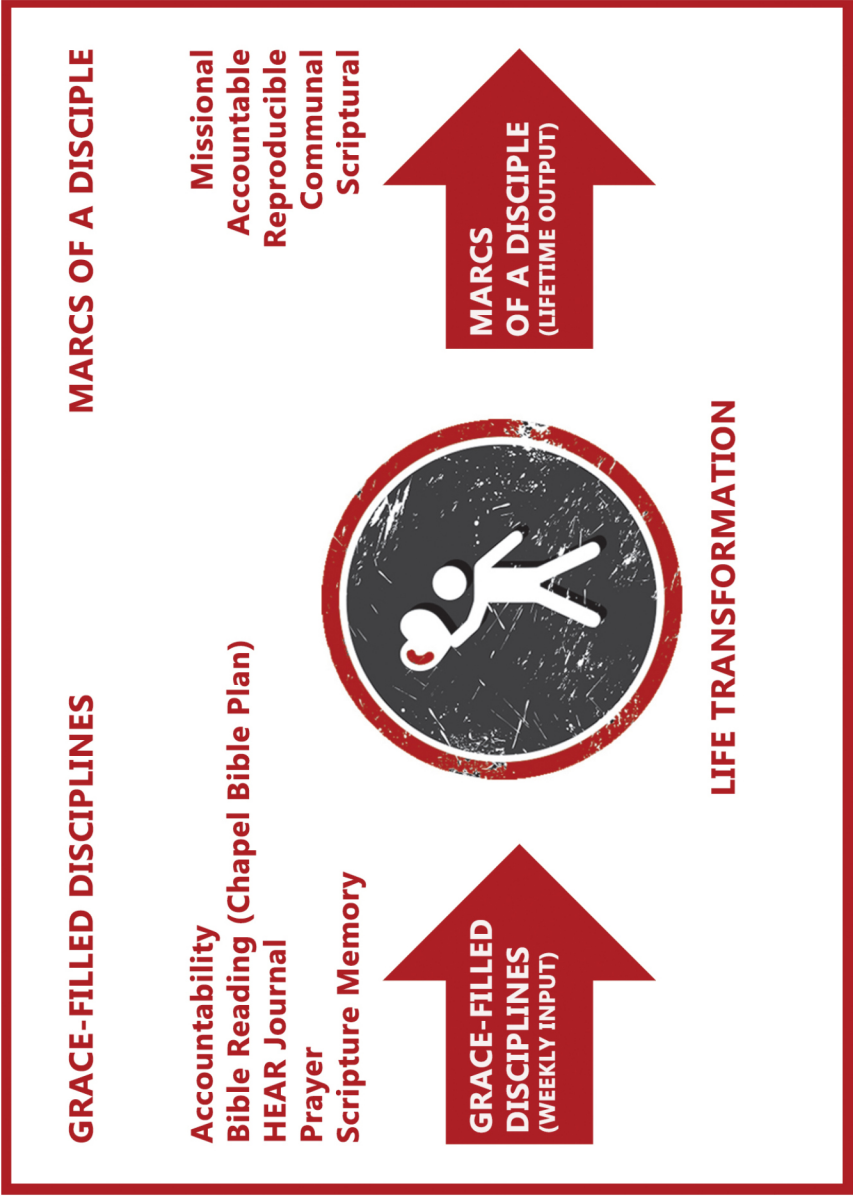
A disciple intentionally shares life with other believers.

#### **Scriptural:**

A disciple experiences intimacy with Christ through regularly reading, meditating, and obeying God's Word.



# D-GROUP EXPECTATIONS



# MARCS ASSESSMENT

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The following assessment will give you an idea of where you currently are and how you can grow. Individually, take five minutes and fill in the blanks for each of the questions below. If you can't think of an answer, just leave it blank. Then, as a group, have each person share one of the answers they gave for each of the questions.

## M = MISSIONAL

Think about two people who are disengaged from the church whom you are currently communicating the Gospel to with your words and actions.

\_\_\_\_\_

## A = ACCOUNTABLE

Who are three people that can ask you any question about your life?

\_\_\_\_\_

## R = REPRODUCIBLE

List three individuals in whom you have invested. These people carry your "spiritual DNA" the most. Children can only be one line below.

\_\_\_\_\_

## C = COMMUNAL

Think of three ways that a church small group has impacted your life. Focus on the ways that biblical community has influenced you.

\_\_\_\_\_

## S = SCRIPTURAL

Write the references of three Bible passages that have most impacted the way you live.

\_\_\_\_\_

Which question did you struggle the most to answer? \_\_\_\_\_

Why do you think you struggle with this?

\_\_\_\_\_



# D-GROUP COVENANT

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Over the next twelve to eighteen months, I will do my best to...

\* Give myself fully to the Lord during this time with the anticipation that I am entering 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 in person weekly with my D-Group (60-90 minutes). When unable, I will stay involved through sharing HEAR Journals and prayer requests.

\* Commit to the five grace-filled disciplines:  
Bible Reading, HEAR Journals, Scripture Memory, Accountability, Prayer

\* 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 decides to multiply.

**Member Name:** \_\_\_\_\_

**Leader Name:** \_\_\_\_\_

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

**THIS WEEK:** Join The Chapel Bible Plan and begin with this week's reading (NOTE: Day 1 of each week is Monday and the weekends are for you to catch up on the readings). Look at page 12 and try to do a HEAR Journal on your favorite reading this week. ([www.chapelbibleplan.com](http://www.chapelbibleplan.com))

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## LEADER PREPARATION FOR WEEK 2

**REGISTER YOUR D-GROUP (if you haven't already):**

[www.thechapelbr.com/groupleaderresources](http://www.thechapelbr.com/groupleaderresources)

## PODCAST:

Listen to the Podcast Episode "D-Group Starter Kit: Week 2"

## NOTES

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## WEEK 2

### HEAR JOURNALS & SCRIPTURE MEMORY

Every week we will follow the same rhythm that includes each of the five grace-filled disciplines. The example below is meant to be a helpful guide, but it is far from an exact science. Ultimately, the pace and content of the conversation is set by the discernment of the leader. The times will vary depending on the length of your D-Group meeting and the amount of people in your group. Today, we will introduce two disciplines: HEAR Journals and Scripture Memory.

#### NORMAL D-GROUP RHYTHM

**Fellowship:** (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.



**Scripture Memory:** (10-15 minutes) After everyone quotes the week’s memory verse, ask, **“As you meditated on this verse, what stood out to you?”** We want to store God’s Word in our heart, not just be able to recite it.

**Bible Reading and HEAR Journals:** (15-30 minutes) As you share HEAR Journals from The Chapel Bible Plan, a great question to ask is, **“Which of your HEAR Journals stood out the most to you this week and what are you doing about it?”**

**Accountability:** (15-25 minutes) In addition to our HEAR Journal question, we always ask:

**“How have you incorporated Pray, Invest, Invite into your life this week?”**

If there is additional time, you can discuss a question from the Accountability Questions on page 19.

**Prayer:** (10 minutes) Finish the time by having each person share something specific and personal that the group can pray for.



# WHAT IS A HEAR JOURNAL?

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**A HEAR 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 HEAR Journal and discuss what we have heard from God's Word. There is not a set amount of HEAR Journals that you must do each week, but instead we would ask, "What would your next step be in this discipline?" 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 year.

**Take a look at the HEAR Journal example on page 13.** As you read through The Chapel Bible Plan this week, begin doing a HEAR journal. When the group gets together next week, you will share your HEAR Journal and as a group discuss how to best use this method.

**(2 MINUTE VIDEO:**  
**[chapelbibleplan.com/resources](http://chapelbibleplan.com/resources))**

From last week, what is one of your  
HEAR Journals that stood out  
and why?

What questions do you have about  
the HEAR method?

How many HEAR Journals are you  
planning to do each week?



# SAMPLE HEAR JOURNAL

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**Daily Reading:** Philippians 3-4

**Date:** 11-26-2018

**Title:** Secret of Contentment

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

"I can do all things through Christ who strengthens me."

Philippians 4:13

**E (Explain):** What is the author's intended meaning in the context of the passage?

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):** What is the principle to live by today?

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

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.

# CHAPEL BIBLE PLAN

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Be sure and keep a copy of the Chapel Bible Plan in your Bible so you can keep up with our weekly readings.

Readings are slated for five days - with the weekends to catch up from a busy week. The Scripture Memory verses are also listed.



We have also created a website devoted to the reading plan, which offers a fabulous blog with weekly summaries. The blog is written by different pastors and leaders who cover topics we've read, relevant themes, and often address some of the material that is not included in the plan.

We believe you'll find the website to be a wealth of information with additional resources, reference videos, and more!

**Join the conversation at [www.chapelbibleplan.com](http://www.chapelbibleplan.com)**



## HOW WILL WE DO SCRIPTURE MEMORY?

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**Every week, we will have a verse that we will memorize from The Chapel Bible Plan.** This is a largely neglected discipline that has amazing benefit for the believer. **The discipline's purpose is to store God's Word in our heart** (Psalm 119:11). For this reason, we do not want to only memorize verses, but to meditate on them as we do it. Once everyone recites the verse, the group will discuss what stood out to them as they meditated on it.

"I know of no other single practice in the Christian life more regarding, practically speaking, than memorizing Scripture...No other single exercise pays greater spiritual dividends! Your prayer life will be strengthened. Your witnessing will be sharper and much more effective. Your attitudes and outlook will begin to change. Your mind will become alert and observant. Your confidence and assurance will be enhanced.

Your faith will be solidified."

-Chuck Swindoll

**The more aligned our group is in this discipline,**

**the more beneficial it will be.** Most groups will memorize the weekly verse given with The Chapel Bible Plan. Occasionally a group may want to memorize a longer passage. The group can decide this together along with what translation people prefer. Though it is not required to use the same translation, it benefits everyone when we are able to work as a team to say the same verse in the same translation. Lastly, we will periodically review verses that we have done in the past.



**What experience do you have with Scripture Memory?**

**How could you see Scripture Memory being beneficial in your life?**

**What verses will we commit to and what translation will we use?**

**How can we be intentional about reviewing verses so that we don't forget them?**

**THIS WEEK:** Continue reading and doing HEAR Journals. Also, we will begin memorizing and meditating on the weekly verse in The Chapel Bible Plan.

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# LEADER PREPARATION FOR WEEK 3

**REGISTER YOUR D-GROUP (if you haven't already):**

[www.thechapelbr.com/groupleaderresources](http://www.thechapelbr.com/groupleaderresources)

## **PODCAST:**

Listen to the Podcast Episode "D-Group Starter Kit: Week 3"

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## **NOTES**

## WEEK 3

# ACCOUNTABILITY & PRAYER

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This week, we will continue our normal rhythm of D-Group through the five grace-filled disciplines. We will spend extra time on the accountability and prayer section as we introduce this element more fully into the group.

**Fellowship:** (10 minutes) Spend the first ten minutes hanging out and catching up.

**Scripture Memory:** (10-15 minutes) Have each person recite the verse and then ask the question, **"As you meditated on this verse, what stood out?"**



**Bible Reading and HEAR Journals:** (15-30 minutes)  
Ask each person, **"Which of your HEAR Journals stood out the most to you this week and what are you doing about it?"**

**Accountability:** (15 – 25 minutes) Our accountability time starts as we discuss our HEAR Journals and how we are responding.

In addition, we always discuss our Pray, Invest, Invite people. We will ask the question **"How have you incorporated Pray, Invest, Invite into your life this week?"**

As a group, walk through the exercise on page 18.

If there is additional time in your group, you can discuss one of the accountability questions on page 19. If not, do this in the next few weeks.

**Prayer:** (10 minutes) Finish the time by having each person share something specific and personal that the group can pray for. A helpful way to finish the group is to have each member pray for the person on their right.

# PRAY, INVEST, INVITE

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As a church, we ask everyone to Pray, Invest, Invite. This is a simple strategy to help you invest in the lives of those who don't know Jesus, in the hopes of them coming to know Him. And if this happens, how exciting would it be for this person to join your D-Group in the future!

Fill in the blanks with people who either don't have a personal relationship with Jesus or are disengaged with the local church. As you are able, choose those that you see more often (Example: Choose your friend in Baton Rouge over your friend in Seattle).

Family: \_\_\_\_\_ Friend: \_\_\_\_\_

Neighbor: \_\_\_\_\_ Coworker/Classmate: \_\_\_\_\_



## **Pray - We will pray daily for these names.**

We will ask God to make them aware of Christ's love and their need for Him (2 Cor. 4:4; Matt.13:15) and to give them the faith to repent and believe (Acts 20:21; Romans 10:9-10).

## **Invest - We will create ways to invest in these people's lives.**

Our hope is to build a relationship where we can share Christ's love with them (1 Cor. 9:19-23). As we invest in someone's life, we build trust, which creates more opportunities to share the Gospel.

## **Invite - As we pray & invest, we invite them to the next right thing.**

The ideal would be to share your faith and invite them to enter into a personal relationship with Jesus Christ. When people aren't there yet, we can invite them to belong in our community before they believe.

We do this by inviting them to events like our Community Group, a church outreach event, or a Sunday morning service.

# ACCOUNTABILITY QUESTIONS

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## CORE QUESTIONS:

Each week, we ask these two questions:

Which of your **HEAR Journals** stood out the most to you this week and what are you doing about it?"

"How have you incorporated **Pray, Invest, Invite** into your life this week?"



## ADDITIONAL QUESTIONS:

When there is additional time, we may ask the following questions. One suggestion is to ask each person to circle the question that they need to be asked the most often.

Have you honored God and your spouse with your thoughts, words, and actions this week?

Have you spent quality time with your family this week?

Have you given in to any addictive behavior this past week? (alcohol, tobacco, video games, work, TV, etc.)

Have you told any lies or half-truths this week?

Have you damaged another person by your words, either behind his or her back or face-to-face?

Have you participated in anything unethical this week?

Have you been completely honest with your answers today?

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## Where do we go for help?

The Next Steps Team at The Chapel is here to assist you with any questions you may have about your D-Group. Feel free to reach out to us - we are here for you! You may call our office at 225.766.7000 or email:

### **Next Steps Director:**

Vick Green / [vick.green@thechapelbr.com](mailto:vick.green@thechapelbr.com)

### **Next Steps Minister:**

Sherry Fox / [sherry.fox@thechapelbr.com](mailto:sherry.fox@thechapelbr.com)

### **Oaks / Next Steps Administrator:**

Sharon Holeman / [sharon.holeman@thechapelbr.com](mailto:sharon.holeman@thechapelbr.com)



## **THANK YOU**

Thank you for being willing to serve, to grow, to learn -  
to help others become disciples who make disciples.

