



# D-GROUPS

"And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations; baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I will be with you always, to the end of the age."

-Matthew 28:18-20



## What are D-Groups?

D-Group stands for Discipleship Group. D-Group provides believers the opportunity to intentionally develop their spiritual walk with Christ through Scripture reading, memorization, journaling, prayer and relational accountability in community with the intent to replicate faithful followers of Christ.



## Key Characteristics

Group Size: Ideally, 3-5 people. Max of 7.  
Demographics: Gender specific groups. No co-ed.  
Time Commitment: 1-1.5 hours per week for 12-18 months  
Content: Bible-based, Christ-focused, Gospel-centered.



## Expectations

Group participants should adhere to D-Group covenants and prayerfully consider taking an active role in future group replication. The end goal would be for participants to replicate themselves and start new D-Groups in fulfillment of the Great Commission.



LOVE GOD  
LOVE OTHERS  
MAKE DISCIPLES

## CONTACT US

Seymour First Baptist Church [www.seymourfbc.org](http://www.seymourfbc.org)  
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## ACCOUNTABILITY QUESTIONS

A key component to living life-on-life in a discipling community is accountability to others when all are striving to live a life of Christ-likeness. These questions along with others that are deemed group-specific and appropriate, could be asked at any time and everyone should be prepared with an honest answer.

- Have you spent daily time in the scriptures and prayer?
- Have you had flirtations or lustful attitudes, tempting thoughts, or exposed yourself to any explicit materials that would not glorify God?
- Have you been completely above reproach in your financial dealings?
- Have you spent quality relationship time with family and friends?
- Have you done your 100% best in your job, school, etc?
- Have you told any half-truths or outright lies, putting yourself in a better light to those around you?
- Have you shared the Gospel with an unbeliever this week?
- Have you taken care of your body with daily exercise and proper eating and sleeping habits?
- Is there someone or something you have not forgiven, as you have been forgiven?
- Have you allowed any person or circumstance to rob you of your joy?



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## F-260 Bible Reading Plan

The F-260 is a two hundred and sixty day reading plan that highlights the foundational passages of Scripture that every disciple should know. You will find the full weekly suggested reading plan in this packet.



### How Does It Work?

The plan expects believers to read 1 or 2 chapters a day for 5 days each week, with an allowance for weekends off. The 2 off-days a week are built in so you may catch up on days where you're unable to read. In order to digest more of the Word. The F-260 encourages believers to read less and to keep a H.E.A.R. Journal.

### Memorizing the Word

While many plans for memorizing Scripture are effective, a simple system has been effective for me. All you need is a pack of index cards and a committed desire to memorize God's Word. It's easy: write the reference of the verse on one side of the card and the text of the verse on the other. Focus on five verses at a time, and carry your pack of Scripture cards with you. Throughout the day, whenever you have a few minutes, pull out your pack of Scripture cards and review them. Read the reference first, followed by the verse. Continue to recite the verse until you get a feel for the flow of the passage. When you are comfortable with the text, look only at the reference side of the card in order to test your recall.



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*"All Scripture is inspired by God and is profitable for teaching, for rebuking, for correcting, for training in righteousness, so that the man of God may be complete, equipped for every good work."*  
-2 Timothy 3:16-17

God's Word is the core curriculum of the discipling process. A great practice to adopt when studying the Bible is journaling. One such method is the H.E.A.R. Method explained below.



## Bible Journaling with the H.E.A.R. Method

**H**

**Highlight:** Write out a verse or verses that speak to you. Document the book, chapter, and verse so that you can return to it.

**E**

**Explain:** Better understand what you just read by writing it down in your own words. Who wrote it? Original audience? Original context? What is being communicated? Etc.

**A**

**Apply:** Ask yourself, "How can this help me? What does this mean to me today? What does this application look like in my life?"

**R**

**Respond -** Knowing these things, what would God have me do now?



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## COVENANT

I pledge myself fully to the Lord with the anticipation that I can enter a time of accelerated spiritual transformation.

I will meet with my D-Group for approximately one and one-half hours every week, unless providentially hindered or the entire group agrees to other arrangements.

I will complete all assignments on a weekly basis before my D-Group meeting, in order to contribute to the discussion.



I will contribute to an atmosphere of confidentiality, honesty, and transparency for the edification of others in the group as well as my own spiritual growth.

I will pray every week for the other men/women who are on the discipleship journey with me.

I will begin praying about replicating the discipleship process upon completion of this group.

Signed Mentee: \_\_\_\_\_

Signed Mentor: \_\_\_\_\_

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



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