



THE D-GROUP

# FIELD GUIDE



FBC

BENBROOK

Spring 2024



# THE D-GROUP FIELD GUIDE

First Baptist Church of Benbrook  
Spring 2024

D-Groups are groups of 3 to 5 people who meet weekly for the express purpose of being disciples who make disciples.



DISCIPLE

First Baptist Church of Benbrook  
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Before Jesus returned to the right hand of the Father, He gave His disciples this command:

Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup>teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.” (Matthew 28:19-20 ESV)

The Great Commission is to “make disciples,” and it is incumbent upon each local church to have a strategy to fulfill this great commission.

But, what is a disciple? Our church defines a disciple as one who is...

- Developing the mind of Christ
- Obeying the commands of Christ
- Being transformed into the image of Christ
- Participating in the mission of Christ

But not only is each follower of Christ on a life long journey to mature as a disciple, we are also called to be involved in disciple making, in helping others mature as a disciple also. D-Groups are designed to both help one mature as a disciple but also to equip one to invest in the disciple making of another. Through D-Groups, we grow in the knowledge and image of Christ.

**D-Groups are our church’s primary strategy to make disciples who can make disciples.**

D-Groups are based on three pillars: Scripture, Prayer, and Accountability.

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## CORE VALUES

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**Peer to peer discipleship groups** – D-Groups are not modeled on a “teacher-student” format where the students come to be taught by the teacher. In a peer to peer group, each member of the group is expected to bring something to the group discussion.

**Scripture based** – D-Groups do not follow a curriculum or study a book. Instead, D-Groups read Scripture together.

**Spiritual disciplines** – D-Groups are designed to teach and practice the core spiritual disciplines of Bible reading, meditation, Scripture memory, and prayer. We want to develop disciples who are equipped to feed themselves and to feed others.

**Multiplication** – D-Groups are designed to multiply! Our goal is for each D-Group to become 2 D-Groups within a year. We will strive to avoid the “tick tock the game is locked” temptation because we always want to have an empty chair for new believers in our church’s discipleship efforts. To have room for new disciples, we must always be forming new groups.

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## TYPICAL D-GROUP MEETING

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Fellowship (10 minutes)

Scripture Memory (5 to 10 minutes)

Each person recite the verse

As you meditated on this verse, what stood out to you?

Bible Readings (25 to 35 minutes)

Is there a promise to keep?

Is there a sin to avoid?

Is there an example to follow?

Is there a command to obey?

Is there knowledge of God I need to reflect upon?

Accountability (10 to 25 minutes)

Prayer (10 minutes)

How can we pray with you or for you this week?

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## SCRIPTURE

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This fall, our D-Groups will follow a different way of reading Scripture together. Each member of the group will engage with the same Scriptures each week. Prior to the weekly meeting, each member will have read the following Scriptures, completed a Bible reading journal, and memorized the weekly memory verse from the Sunday morning bulletin.

The Bible Reading Plan comes from “The Word,” a guided Bible reading plan that leads us to focus on the key passage of the Bible from Genesis to Revelation. A weekly study guide is available on the church website that provides the weekly readings, commentary helps, study questions, and application suggestions. You can access these Weekly Guides by scanning the QR code or at <https://fbcbenbrook.org/dgroup-resources>.



## Spring 2024 Reading Plan

### Week 1

Judges 6-7  
Judges 13-14  
Judges 15-16  
Ruth 1-2  
Ruth 3-4

### Week 2

1 Samuel 1-2  
1 Samuel 3 and 8  
1 Samuel 9-10  
1 Samuel 13-14  
1 Samuel 15-16

### Week 3

1 Samuel 17-18  
1 Samuel 19-20  
1 Samuel 21-22  
Psalm 22 and 1 Samuel 24  
1 Samuel 28 and 31

### Week 4

2 Samuel 1 and 2.1-7  
2 Samuel 3.1 and 5, Psalm 23  
2 Samuel 6-7  
Psalm 18 and 2 Samuel 9  
2 Samuel 11-12

### Week 5

Psalm 51  
2 Samuel 24 and Psalm 24  
Psalm 1 and 19  
Psalm 103 and 119.1-48  
Psalm 119.49-128

### Week 6

Psalm 119.129-176 and 139  
Psalm 148-150  
1 Kings 2  
1 Kings 3 and 6  
1 Kings 8 and 9.1-9

### Week 7

Proverbs 1-2  
Proverbs 3-4  
Proverbs 16-18  
Proverbs 31  
1 Kings 11-12

### Week 8

1 Kings 16.29-34 and 17  
1 Kings 18-19  
1 Kings 21-22  
2 Kings 2  
2 Kings 5 and 6.1-23

### Week 9

Jonah 1-2  
Jonah 3-4  
Hosea 1-3  
Amos 1.1 and 9  
Joel 1-3

### Week 10

Isaiah 6 and 9  
Isaiah 44-45  
Isaiah 52-53  
Isaiah 65-66  
Micah 1 and 4.6-13 and 5

### Week 11

2 Kings 17-18  
2 Kings 19-21  
2 Kings 22-23  
Jeremiah 1-3.5  
Jeremiah 25 and 29

### Week 12

Jeremiah 31.31-40 and 32-22  
Jeremiah 52 and 2 Kings 24-25  
Ezekiel 1.1-3 and 36.16-38 and 37  
Daniel 1-2  
Daniel 3-4

### Week 13

Daniel 5-6  
Daniel 9-10 and 12  
Ezra 1-2  
Ezra 3-4  
Ezra 5-6

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## JOURNAL SUGGESTIONS

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One of the key spiritual disciplines that we want to develop as disciples of Christ is to meditate on His Word. Meditation simply means to slow down and to think deeply about the Scriptures. Too often, we read the Bible and forget what we have read before even close the book. We simply must find a way to capture what the Lord is saying to us through His Word.

One way to do that is to develop the habit of journaling.

There are a variety of ways to keep a Bible reading journal, but one simple way is the HEAR method. HEAR is an acronym that stands for "Highlight, Examine, Apply, Respond." For each day's reading, **highlight** at least one verse that stands out in your reading by writing it down in your journal. Then **examine** that verse for a truth to be learned, the character of God revealed, a conviction of sin, a command to obey, guidance, etc., and write that down in your journal. Then ask the Lord how that verse **applies** to your life today, and write that down. Finally, **respond** to God by praying about these verses.

### SAMPLE "HEAR" JOURNAL

**Date and Reading:** May 2, Philippians 4

**Highlight** - *I can do all things through Christ who strengthens me. (Philippians 4.13).*

**Examine** - *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.*

**Application** - *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.*

**Respond** - *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.*

### COMMUNITY BIBLE READING JOURNAL

Another journal method is to use the Community Bible Reading Journal. This method guides you through exploring the following questions for each Bible reading:

- Stop and ask the Lord to speak to you through His Word
- How does this Scripture help you ADORE the Father (His attributes and actions)?

- How does this Scripture help you give THANKS to Jesus for his saving work (past, present, and future)?
- How does this Scripture help you to CONFESS your sins?
- How does this Scripture help you to ASK for the Spirit to transform you?
- How has God impacted you the most through today's Scripture reading?

Journals are available in the church office by request, while supplies last.

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## **PRAYER**

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D-Groups will close each session by praying for and with each other. Each member will be asked, "How can we pray for you or with you today?"

In addition to answering that question, each member should ask the group to pray for at least one lost person by name.

The group will then take turns praying out loud for each other's requests.

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## **ACCOUNTABILITY**

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One of the values of a D-Group is to hold each other accountable to be maturing in Christ. To that end, the following accountability questions will be asked of each member of the group each week.

- What have you been most grateful for this week?
- What did you learn from your Bible reading this week?
- What does God want you to do or be this week?
- How have you been praying for and investing in your ONE this week?
- 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?

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## **D-GROUP COVENANT**

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In order to get the most out of my discipleship relationship, I commit myself to the following standards:

- I will pledge myself fully to the Lord with the anticipation that I am entering a time of accelerated spiritual transformation.
- I will complete all assignments on a weekly basis prior to my D-Group in order to contribute fully to the discussion. This includes the Scripture readings, journal entries, and Scripture memorization.
- I will make every effort to meet with my D-Group for approximately one and one-half hours each week to discuss the Scripture readings from the previous week and how it applied to my life.
- I will contribute to an atmosphere of confidentiality, honesty, and personal vulnerability for the edification of others in the group as well as my own spiritual growth.
- I will pray for the other disciples who are on the discipleship journey with me every week as well as praying for the lost who are on our group's list.
- I will begin praying about replicating the process with a group of at least two other people when this group is ready to multiply.



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## MORE INFORMATION

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- D-Groups should meet once a week for 13 weeks at a time and location chosen by the group.
- Group members are asked to commit to attending every meeting if at all possible.
- Group meetings should last about 1.5 hours.
- Each group will have a “point person” who will keep in contact with the pastor to give updates about how their group is progressing. However, D-Groups are “peer discipleship groups” which means that each member is expected to contribute to the conversation. D-Groups are not “student/pupil” groups where the students sit and listen to a teacher.
- New members can be added to D-Groups in the first couple of weeks, but after that the group should be fixed. In order to develop an atmosphere of trust and accountability, the group should remain constant.
- D-Groups are designed to multiply, so this D-Group should strive to multiply into two D-Groups next semester. So, by the end of the 13 weeks, the group should be looking for who will become the “point person” for the two groups of next semester.
- D-Group members can be personally recruited by the group or potential members may come from the D-Group Kickoff Event held in February or September by the pastor.

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