

# How to lead

**Discipleship  
Band**

# Discipleship Bands are designed for deep, relational and accountable discipleship.

It is a group of 3-4 men or women who meet consistently to share honestly, confess openly, pray for one another, and champion each other in their callings.

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— *Here is how to lead a Discipleship Band* —

# Meeting Dynamics in Discipleship Bands

Regular meetings follow a structured format to ensure effective sharing and support.

Each meeting begins with an opening prayer.

Members share personal updates, struggles, and spiritual insights. Time is allocated for each member to share, typically 15-20 minutes.

*Five commitments of bands members...*

**Be courageous**  
**Be compassionate**  
**Be considerate**  
**Be consistent**  
**Be confidential**

Share honestly, and as deeply as you are ready.  
Show grace and affirm the forgiveness we have in Christ.  
Don't interrupt, give advice, or try to fix problems.  
Show up for meetings, and share within 15-20 minutes.  
What's shared here, stays here.

# **5 Commitments to Band Members**

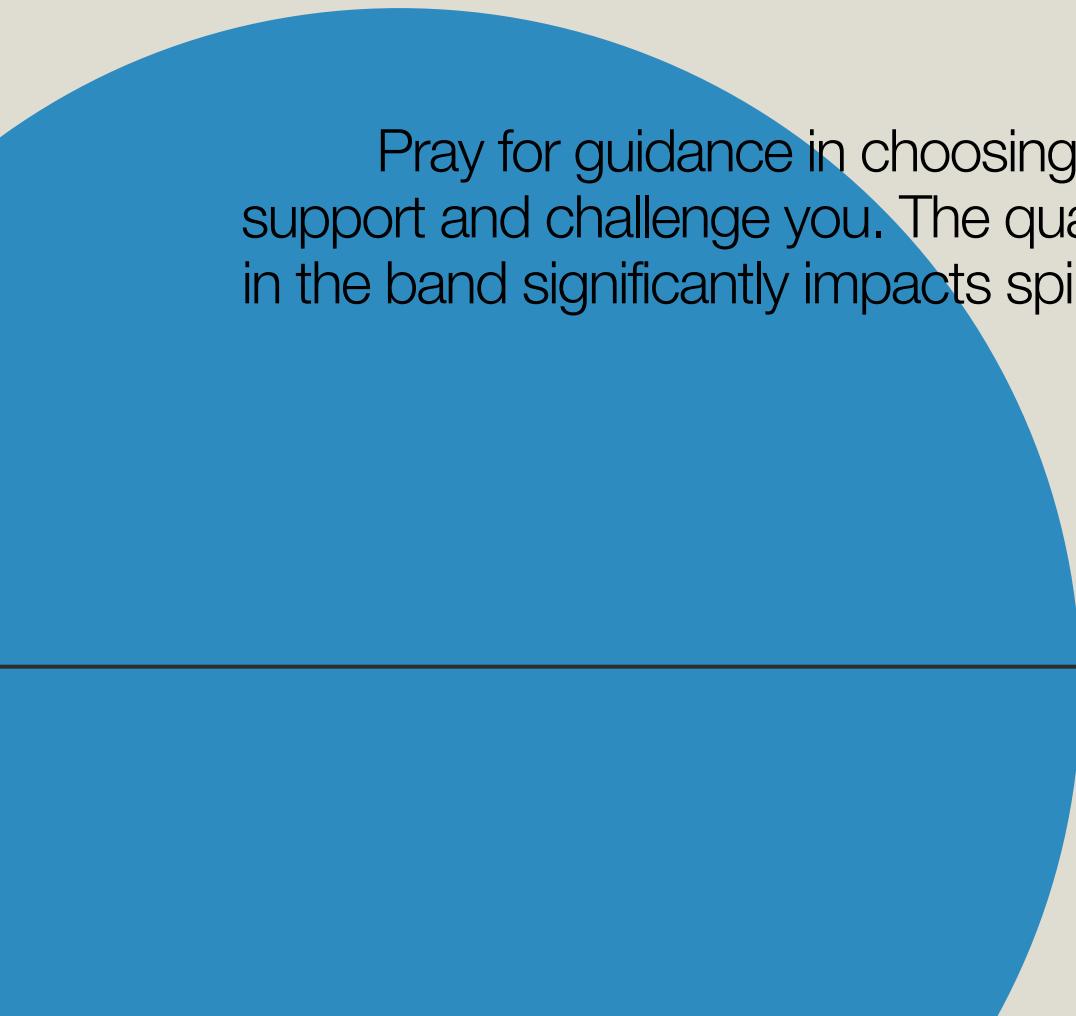
The five commitments establish a safe  
and respectful environment for sharing.

# Choosing Band Members Wisely

Selecting the right individuals for a Discipleship Band is critical for producing fruitfulness.

## Think

**Who** do you trust and want to run closely with?  
**Who** shares your hunger and passion for God?



Pray for guidance in choosing members who will support and challenge you. The quality of relationships in the band significantly impacts spiritual development.

# Initial Steps for Forming a Band

Establishing a Discipleship Band requires careful planning and initial meetings.

Invite potential members with a simple message explaining the concept.

Start with a trial period of four weeks.  
Decide on a consistent meeting time and location.

# Structure of Initial Band Meetings

The first few meetings should focus on building relationships and understanding the process.

## Week 1

Share personal stories and key relationships

## Week 2

Discuss the five commitments and begin answering standard questions

## Week 3

Continue sharing and encourage prayer for each other

## Week 4

Evaluate the group's progress and decide on future commitments

Discipleship Bands are for those mature in their faith and desiring deeper friendship, accountability and growth. They are ideally suited to busy people who need to stay spiritually and relationally sharp.

# Same-sex groups promote openness and honesty.

Mixed-gender bands may lead to under-sharing or unwise emotional connection. The focus is on creating a safe space for sharing personal experiences.

# Meeting Guide

One person:

**Wake up sleeper and rise from the dead...**

All respond:

**And Christ will shine on you!**

All pray:

**Jesus, we belong to you.**

**We lift our hearts to you.**

**We set our minds on you.**

**We fix our eyes on you.**

**We offer our bodies to you as a living sacrifice.**

**Jesus, we belong to you.**

# The Five Questions

Each person takes 15-20 minutes to share around the prompts below.

**How is it with your soul?**

**What are your struggles and successes?**

**How might the Word and Spirit be speaking in your life?**

When you're ready to go deeper...

**Do you have any sin to confess?**

**Is there anything you desire to keep secret?**

After each person shares, another member prays for them in response to what they've shared.

# Closing

One person closes in prayer:

**Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever!**

**Amen.**

Prayers adapted from  
Ephesians 3:16-21 and 5:14

# You were never designed to do this journey alone.

There's a pathway for you that will help you become more like Jesus and make other disciples.

Discipleship Bands

Jesus Questions

Helpful Resources