



**REDEEMER
CHURCH**

DISCIPLESHIP

RESOURCES



DISCIPLESHIP GROUP COVENANT

01 I will commit myself fully to God with the anticipation that I am entering a time of accelerated spiritual growth and transformation.

02 I will meet with my Discipleship Group for at least one hour every week or every other week (as set by my group), unless providentially hindered.

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

04 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.

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

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

PARTICIPANT SIGNATURE

DATE:

LEADER SIGNATURE

DATE:

DISCIPLESHIP GROUP CHECKLIST

BEFORE YOU BEGIN

- Invite two to four people of the same gender to participate in your group
- *Select people who are faithful, available, and teachable*
- *Clearly communicate the expectations and time commitment of the group*
- *Select a regular meeting time and place that works for every member of the group*

AT YOUR FIRST MEETING

- Have everyone sign the Discipleship Group Covenant
- Spend some time getting to know one another's faith stories
- Determine which accountability questions you will ask one another each week
- Explain the reading plan your group will be using
- Explain how to write a H.E.A.R. journal entry
- Provide the list of Bible verses you will memorize together
- Explain that the expectation is that everyone in the group will lead their own Discipleship Group when this one ends

DISCIPLESHIP GROUP WEEKLY TASKS

- Read the assigned Bible readings
- Complete a H.E.A.R. journal for at least two readings each week
- Memorize the week's Bible verse
- Pray for your fellow group members

WEEKLY MEETINGS

- Spend a few minutes catching up and making small talk
- Pray for your time together
- Walk through the week's reading and discuss one of your journal entries with one another
- Recite the week's Bible verse for one another
- Ask each other accountability questions and provide care as needed
- Close in prayer

H.E.A.R. JOURNALING



“The H.E.A.R. (Highlight, Explain, Apply, Respond) journaling method promotes reading the Bible with a life-transforming purpose. No longer will your focus be on checking off the boxes on your daily reading schedule; your purpose will instead be to read in order to understand and respond to God’s Word.”
- from Growing Up by Robby Gallaty

HIGHLIGHT - WHAT DOES THE TEXT SAY?

As you work through the text, note any questions you have. After praying for the Holy Spirit’s guidance, this section will remind you to read with purpose. In the course of your reading, write down the verse(s) or the sentence(s) that stands out and speaks to you.

- Read the entire text for comprehension
- Read again or just go back and highlight some of the following:
 - Key words
 - Times, locations, and people
 - Repeated words, ideas, and phrases
 - Transition words (but, therefore, because, if/then....)
 - Lists
 - Contrasts and comparisons
 - Commands
 - Major themes such as,
 - Gospel truths, New self / identity, The Great Commission, The Great Commandments, The Church, Redemptive Promises, “Types” of Jesus
- Use the dictionary to look up key words, note appropriate meanings, and related words
- Consult different translations of Scripture
- Look up related cross-references

EXPLAIN – WHAT DOES THE TEXT MEAN?

As you work through the text, note any questions you have. After you have highlighted the passage, you can begin to work towards understanding the meaning of the text. Here are some questions to ask:

- Why was this written and to whom was it originally written?
- How does this text fit with the verses before and after it?
- What would the original hearers have thought?
- How does this text fit within the greater story of the Bible? (Creation-Fall-Redemption-Restoration)
- What is the Holy Spirit trying to communicate through this text?

When you are able to work through these questions, rewrite the text in your own words. If you find yourself stuck trying to explain the passage, don't worry, you're not alone. Consult reliable commentaries such as the CSB Study Bible.

At this point, you are beginning the process of discovering the specific and personal word that God has for you from His Word. What is important is that you are engaging with the text and wrestling with its meaning.

APPLY – HOW DOES THE TEXT IMPACT ME?

Application is the heart of the process. Everything culminates under this heading. As you have done before, ask a series of questions to uncover the significance of these verses to you personally, questions like:

- What does this passage tell me about who God is?
- What does this tell me about my sin and need for a Savior?
- How can this passage help me?
- How can these truths transform your life today?
 - Remember that all actions begin as thoughts and desires of the heart. How do these truths transform what you love, worship, and value most?
 - In turn, how will these renewed desires change the way you respond to God and others?
 - Are there practical things God is leading you to do differently as your heart changes?
 - Is the Holy Spirit bringing to mind specific people, circumstances, or conversations?

RESPOND - HOW WILL I RESPOND TO THE TEXT?

Your response to the passage may take on many forms. You may write a call to action. You may describe how you will be different because of what God has said to you through His Word. You may indicate what you are going to do because of what you have learned. You may respond by writing out a prayer to God. For example, you may ask God to help you to be more loving, or to give you a desire to be more generous in your giving. Keep in mind that this is your response to what you have read.

Teach me, O LORD, the way of your statutes; and I will keep it to the end. Give me understanding, that I may keep your law and observe it with my whole heart. Lead me in the path of your commandments, for I delight in it. Incline my heart to your testimonies, and not to selfish gain! Turn my eyes from looking at worthless things; and give me life in your ways. Confirm to your servant your promise, that you may be feared. Turn away the reproach that I dread, for your rules are good. Behold, I long for your precepts; in your righteousness give me life!

Psalms 119:33-40

SAMPLE HEAR JOURNAL

Date: April 21, 2024

Read: Philippians 4:10-13

Title: The Secret of Contentment

H (Highlight)

Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.

E (Explain)

Paul shares with the Philippian church that he has discovered the secret to 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 difficulties.

A (Apply)

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. I need to look to Jesus to give me the strength I need to be content in every circumstance of life.

R (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.

ACCOUNTABILITY QUESTIONS

Below is a list of various accountability questions that you can use with your Discipleship Group. Pick out several questions that are a good fit for everyone in your group. Additionally, each member of the group should offer one or two questions that they want to be asked each week. These can be specific to their life situations and struggles. Whatever you decide, be sure you include a question regarding living on mission. All of our discipleship is pointless if we don't encourage one another to share Christ with a dying world.

- Have you spent daily time alone with God in prayer and in the Word this week?
- Have you shared the gospel, shared your testimony, or taken intentional steps toward that end by building a relationship with an unbeliever this week?
- Have you given quality time with your family priority this week?
- Have you loved/served your spouse this week?
- Have your thoughts been pure? Have you resisted lustful, envious thoughts or exposed yourself to inappropriate materials this week?
- Have you participated in any divisive behavior or attitudes that have caused relational strain or damage with anyone this week?
- Have your words built up or torn down others or yourself? Have you exposed yourself or contributed to gossip this week?
- Have you given in to any addictive behaviors this week?
- Have you taken care of your body through regular physical exercise and proper eating/sleeping habits this week?
- Have you lacked integrity in your financial dealings or generosity this week, or coveted something that does not belong to you this week?
- Have there been any lies you have been believing this week that have undermined the truths of the gospel?

RECOMMENDED RESOURCES

BIBLE READING PLAN

For Discipleship Groups, we would highly recommend Replicate Ministry's F260 Bible Reading Plan or Foundations New Testament Plan. These manageable plans highlight the foundational passages of Scripture that every disciple should know. These plans have you read one or two chapters a day for 5 days each week, with an allowance for weekends off. It also gives suggested Scripture memorization that goes along with the weekly Scripture.

Get the F260 Bible Reading Plan here: <https://tinyurl.com/yy2mtzp4>

Get the New Testament Plan Here: <https://tinyurl.com/ycya8jh5>

DISCIPLESHIP

- Replicate by Robby Gallaty & Chris Swain
- Disciple Her by Kandi Gallaty
- The Master Plan of Evangelism by Robert Coleman
- Fight Clubs by Jonathan Dodson

BIBLE STUDY TOOLS

- The ESV Study Bible
- The CSB Study Bible
- Dwell (iPhone | Android)

SCRIPTURE MEMORY

- Verses (iPhone | Android)
- Fighter Verses (iPhone | Android)
- An Approach to Extended Memorization of Scripture by Andy Davis

PRAYER

- Praying the Bible by Donald Whitney
- Prayer by Tim Keller
- Echo (iPhone | Android)

CARE/ACCOUNTABILITY

- Side by Side by Ed Welch
- How People Change by Timothy Lane & Paul Tripp
- **Covenant Eyes** (Computer Device Software)