



# DISCIPLESHIP

# GROUP GUIDE



# A VISION FOR DISCIPLESHIP

## Why Discipleship Groups?

Discipleship is one of the highest priorities we have at Redeemer Church. We believe that God has called each and every one of us to be followers of Jesus who help others find and follow Jesus. One of the primary ways that we accomplish this is through our Discipleship Groups.

## Theological

Throughout the Bible, we consistently find the call to pass on the faith to the next generation of believers. We're called to not only reach people with the gospel but to teach and train faithful women and men to follow Christ in hopes that this training would multiply.

## Philosophical

We're convinced that Discipleship Groups are one of the most effective ways to make disciples. They are highly relational, and provide great context for deep discipleship, community, and care, enabling members to take their next steps in spiritual growth.

## Practical

All you need to lead a Discipleship Group is a Bible, a heart to make disciples, and a commitment to show up for your group. Because of this, Discipleship groups are easily replicated and have the potential for exponential growth.

## Putting it all together

Discipleship Groups are our response to the Bible's clear mandate to make disciples and the realities of the culture we find ourselves in today. They are a system set up to counteract the natural flow of the world around us and reroute us toward a biblical vision for life in Christ.



# WHAT IS A DISCIPLESHIP GROUP?

## A Definition

A Discipleship Group is a closed group of three to five Christians of the same gender who gather regularly to commit themselves to becoming more like Christ, Nurture (Care), and Accountability.

## A Closed Group

Because accountability and honesty are primary goals of a Discipleship group, adding people once the group has begun could compromise the vulnerability of the group.

## 3 to 5 people

Discipleship Groups should have three to five men or three to five women, including the leader. It is difficult to foster accountability in a group of more than five people. Jesus opted to invest more deeply in Peter, James, and John than the rest of the disciples, perhaps for this reason (Mark 9:2). The need for honesty also necessitates the group is single gender.

When looking for people to have a Discipleship group with, consider people in your Community Group, on your Ministry Team, or others you encounter where you live, learn, work and play.





## **Christians Only**

You can't be in a discipleship relationship with someone who isn't a believer. Now, just because group members must be Christians doesn't mean they must be mature Christians. Some of the most satisfying Discipleship Groups are made up of young, hungry believers who devour the Scriptures and then eagerly head out to make more disciples!

## **Gather Regularly**

Discipleship Groups are encouraged to set a time and commit to meeting regularly, whether every week or every other week. The key is to be consistent so that Discipleship Group becomes a part of your normal rhythms.

## **Study Scripture**

Discipleship centers around the study of Scripture. Participants will read the Bible throughout the week and write journal entries based on their reading. Then, when they gather, they discuss their reading.

## **Nurture & Accountability**

Discipleship Groups are the perfect environment to confess and repent of sin and open up about the struggles that members are facing. The safety of the small, closed group helps members be transparent. They can also encourage one another in the gospel as they pursue holiness throughout the week.

## **Prayer**

Discipleship Groups should make time to pray with and for one another. In prayer, we worship the Father and align our will with His. Discipleship Groups are also where we ask God to intervene where we need help and thank Him for all He's done for us.

# HOW TO BE A GOOD GROUP MEMBER

Discipleship Groups aren't made up of biblical scholars but ordinary people who are FAT (Faithful, Available, Teachable). Do these attributes describe you?

## 01

### Faithful

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- **Will you follow through with what you commit to doing?**
- Discipleship Groups are high-commitment, and nothing kills one faster than a member not showing up or not being prepared.

## 02

### Available

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- **Do you have the margin necessary to participate?**
- Successful Discipleship Groups require a routine (at least once or twice a month) of showing up and engaging meaningfully. They should wait until they can fully commit if they are too busy.

## 03

### Teachable

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- **Are you humble and ready to learn?**
- The people you invite into your group should be willing to admit that they have a lot to learn and desire to grow in their faith instead of feeling like they have already arrived.

# DISCIPLESHIP GROUP COMMITMENTS

Before jumping into a Discipleship Group, you must consider whether you can fully commit. Read the list of member commitments below to assess if you are ready to join.

**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 people who are on this discipleship journey with me.

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