



Mount Hermon
Baptist Church

D-GROUP TRAINING GUIDE

INTRODUCTION

Disciple making is a command from Jesus to His followers. It is also a combination of EVANGELISM and DISCIPLESHIP.

Matthew 28:18-20

¹⁸ And Jesus came and said to them, "All authority in heaven and on earth has been given to me. ¹⁹ 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, ²⁰ teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

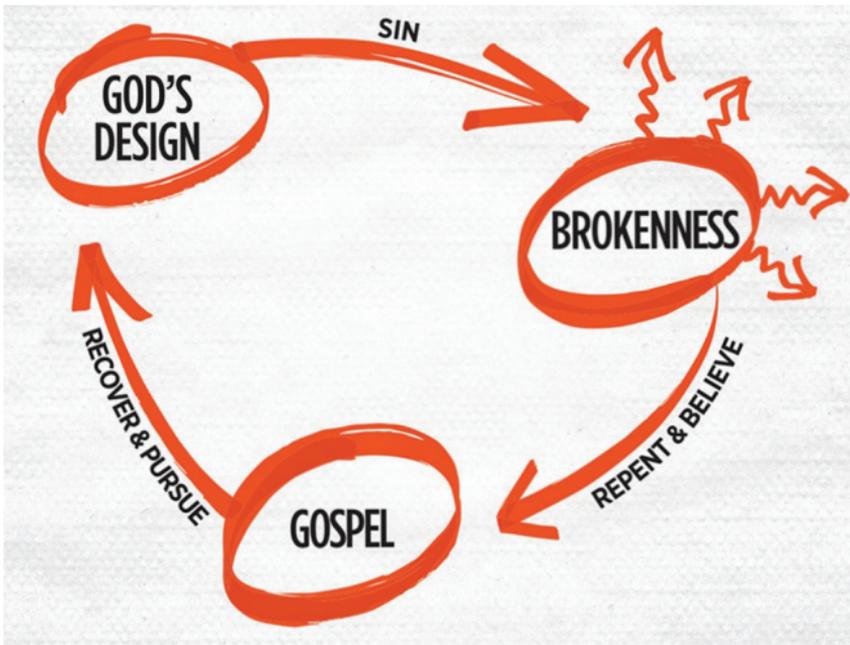
We have been given a great task, but are not doing it without authority. In the Ancient Near East, kings would often send messengers/ambassadors with new decrees and laws throughout their kingdoms. These people would also carry a set of travel documents that bore the seal of the king. Why would they do this? So that their message was received as intended, and so that their messengers were not harmed as they crossed borders. Through the seal of the king, they traveled under his authority and therefore had no need to ask permission when traveling and sharing these new decrees and laws with the people.

If we are “going” under the seal of Jesus, with His authority, we are to evangelize as we go. We are commanded to share the gospel in hopes of making new disciples along the way.

EVANGELISM

Many never share the gospel and those that do, all too often ask permission before sharing. They will say something like, “Can I share the gospel of Jesus Christ with you?” What do you think the response is most of the time? A solid, “NO!” I realized through the study of Matthew 28:18-20 as well as learning from colleagues in Ethiopia, Somalia, Eritrea, Europe, America, and so on that we do not have to ask permission to share the gospel with people. We already have permission from the King! He has “all authority”, which He received from God the Father and passed it on to us as His messengers. This is a radical shift in thinking and it works! All you have to do is look for an opening in a conversation and say something like, “That reminds me of a story...” or “I have a story about that...”, then go right into a gospel presentation. There are many tools out there for sharing the gospel and feel free to use whichever you are comfortable with. The key is to use one that is working and reproducing. One of these I find most helpful is the 3 Circles.

THE THREE CIRCLES—GOSPEL PRESENTATION



God's Design

- We see beauty, purpose, and evidence of design all around us. God made each of us with a purpose, to worship and walk with Him. The Bible tells us that God created a world that worked perfectly, where everything and everyone fit together in harmony. After being placed in the garden, Adam and Eve broke the only law God had given them and were cast out of His presence.
- "God saw all that He had made, and it was very good." - Genesis 1:31

Brokenness

- Sin leads to a place of brokenness which we see all around us and in our own lives. When we realize life is not working, we begin to look for a way out. We tend to go in many directions trying different things to figure it out on our own. Brokenness leads to a place of realizing a need for something greater.
- “There is a way that seems right to a man, but its end is the way to death” - Proverbs 14:12
- Life doesn't work when we ignore God and His original design for our lives. We selfishly insist on doing things our own way. The Bible calls this sin. We all sin and distort the original design. The consequence of sin is separation from God, in this life and for all eternity.
- “All have sinned and fall short of the glory of God” - Romans 3:23

“For the wages of sin is death” - Romans 6:23

Gospel

- At this point we need a remedy, some good news. Because of His love, God did not leave us in our brokenness. Jesus, God in human flesh, came to us and lived perfectly according to God's design.

- Jesus came to rescue us, to do for us what we could not do for ourselves. He took our sin to the cross, paying the penalty of our sin by his death. Jesus was then raised from the dead to provide the only way for us to be rescued and restored to a relationship with God.
- “For God loved the world in this way: He gave His One and Only Son” - John 3:16
- “He erased the certificate of debt... and has taken it out of the way by nailing it to the cross” - Colossians 2:14

Repent & Believe

- Simply hearing this Good News is not enough. We must admit our sinful brokenness and stop trusting in ourselves. We don't have the power to escape this brokenness on our own; we need to be rescued. In this, we must ask God to forgive us, turning from sin to trust only in Jesus. This is what it means to repent and believe. Believing, we receive new life through Jesus and God turns our lives in a new direction.

- “For you are saved by grace through faith, and this is not from yourself; it is God’s gift, not from works, so that no one can boast” - Ephesians 2:8-9
- “If you confess with your mouth, ‘Jesus is Lord’, and believe in your heart that God raised Him from the dead, you will be saved” - Romans 10:9

Recover & Pursue

- When God restores our relationship to him, we begin to discover meaning and purpose in a broken world. Now we can pursue God’s Design in all areas of our lives. Even when we fail, we understand God’s pathway to be restored, this same Good News of Jesus. God’s Spirit empowers us to pursue His Design and assures us of His presence in this life and for all eternity.
- “For it is God who is working in you, enabling you both to desire and to work out His good purpose” - Philippians 2:13
 - “For we are His creation, created in Christ Jesus for good works, which God prepared ahead of time so that we should walk in them” - Ephesians 2:10

A Response

Now that you have heard this Good News, God wants you to respond to him. You can talk to him using words like these:

- “My life is broken and I recognize it’s because of my sin and I believe Jesus came to live, die and was raised from the dead to rescue me from my sin.”
- “Forgive me. I turn from my selfish ways and put my trust in you.”
- “I know that Jesus is God, and I will follow Him.”

Verses:

- “For everyone who calls on the name of the Lord will be saved” - Romans 10:13
- “If you confess with your mouth, ‘Jesus is Lord’, and believe in your heart that
- “God raised Him from the dead, you will be saved”
- Romans 10:9

Remember to practice this method. Practice with your spouse, co-worker, other friends etc. to take away so they can practice.

Then practice it with people who are far from God. When you practice, use a napkin or index card so that the person you practice with can draw it with you and they have something.

CATEGORIES OF PEOPLE



There are RED LIGHT people. The rich young ruler: Matthew 19:16-22

There are YELLOW LIGHT people. Nicodemus: John 3:1-21

There are GREEN LIGHT people. The disciples: Matthew 4:18-22

Red Light People (RLP) are those that respond with, "I'm not interested.", "I don't believe that.", or maybe won't even let you finish the presentation. How do we respond to these people? We obviously love them or we would not be sharing the gospel with them. Therefore, sometimes we get very emotional when they will not believe. What did Jesus do when the rich young ruler walked away? Did He chase after him? Did He change what He was asking him to do? No. He let him go. That may seem harsh to some, but if we are to follow Christ's example, we must let people go. We see in Luke 9 and 10 that Jesus says "wipe the dust off of your feet". He is not telling us to NEVER talk to them again.

So later on, maybe in a week or month we go back and try again. We do not draw people to Jesus, only the Holy Spirit can do that!

Yellow Light People (YLP) are those that may respond with, "That's interesting....", "Do you have time to tell me more later...", etc. These are people that are usually very interested in religion, but not necessarily Jesus. They are usually fun to hang out with. They may eventually move to green, like Nicodemus, but they may not.

Green Light People (GLP) are those that are ready to respond with a yes. They are excited and ready to share with other people.

With whom should we spend most of our time? That's a tough question. Let's answer it as Jesus did. With whom did He spend most of His time? Jesus was investing in the GLP in His life. Why? Because they are the ones that will be obedient to Matthew 28:18-20!

Evangelism is the first step in disciple making. We now have a tool to use and categories in which to work with people.

DISCIPLESHIP

D-GROUP FORMATION

Once we find the GLP's in our segments, we pray through whom to invite to a D-Group time. The best way to approach this is, "Do you want to get together with me and a few other people and pray and study the Bible?" Not, "Can I disciple you?" Then gather together a group of 3-5 men or women, willing to meet once per week for a 12-18 month period. The D-Group meetings can be anytime and anywhere. You should plan on no less than a one hour block of time. Remember that disciple making is a crock pot recipe and not a microwave recipe!

Each meeting should be structured in a 3/3's format:

OUTLINE

The 1st 3rd "Looking Back" (15 minutes):

- Prayer
- High's and Low's of the previous week.
- Accountability
 - Scripture memory
 - Gospel sharing
 - Discipling others

The 2nd 3rd “Looking Up” (30 minutes):

- H.E.A.R. Journal (appendix 1)
- Other resources (appendix 2)

The 3rd 3rd “Looking Forward” (15 minutes):

- Who will you share with this week?
- Prayer

DESCRIPTION

The “Looking Back” section is a care and share time. This is a time to really listen to others as they share exciting things and really difficult things that are going on in their lives. It may be long, it may be short, but do not rush (do not look at your watch). Be sure each person at least tries to share the memory verse. Some people are better than others at memorization but the goal is to improve and encourage. Also, make sure to ask everyone who they shared with the past week (especially if they had a specific person that they were supposed to share with).

The “Looking Up” section is worship time. This is the H.E.A.R. journal and other resources. We want to train people to spend time in the Word of God, this is the **most important section and should get the most amount of time.**

The “Looking Forward” section is for naming people your group members will share with in the upcoming week and praying.

A good model is 15 minutes, 30 minutes, and 15 minutes per section. However, depending on what is going on in a person’s life, you may have to spend more or less time on a section. Do NOT rush prayer.

LET’S START A D-GROUP!

Training in evangelism and discipleship is key to disciple making. The first meeting will be mostly about evangelism and getting to know one another. The next five meetings are doing H.E.A.R. journals on “What a Baby Needs” (a baby Christian...a new disciple...that may not be a new believer).

1. At your first meeting, explain the vision. Always start with the end in mind. Be sure that the members know you expect them to start D-Groups towards the end of your 12-18 month time together. Therefore, they are learning so that they can grow closer to Jesus personally but also train others to train others (2 Tim. 2:2). Then ask them how they currently share the gospel and train them in the 3 Circles. If you plan to discuss a book, try to have it for them at the first meeting as well. Assign the first H.E.A.R. journal text and pray to close.

2. A “Baby Needs New Life”—Acts 2:37-47
3. A “Baby Needs Breath” (Prayer)—Matthew 6:7-15
4. A “Baby Needs Eat” (Abide)—John 15:1-11
5. A “Baby Needs a Family” (Groups/Church)—Acts 2
6. A “Baby Needs to Grow and Go” (Prayer)—
2 Timothy 2-3
7. “The Cost of Discipleship”—Luke 14:25-33

Once the foundation is laid for the new disciple, we move them into a structured Bible reading plan using the same process. We recommend using the Robert Murray M’Cheyne reading plan (bibleplan.org/plans/mcheyne/). The new disciple is now comfortable with doing one H.E.A.R. journal per week and will now be challenged to do more. The goal is five journals in one seven day period. At each meeting you select one book out of the M’Cheyne plan for the week and the new disciples will be held accountable for five chapters out of that one book by the next meeting. You will only select one chapter to discuss during the meeting. For example, if you are in 2 Corinthians in your reading plan, you might select chapters 7-13 for the week but only expect 5 of those to be journaled and perhaps you only discuss chapter 9 during the D-Group time. That is fine. Remember the goal is to get people into the Word of God and hold them accountable.

Therefore, since we have a command/commission in Matthew 28:18-20 to make disciples and we do this through evangelism and discipleship so that this process will “2 Timothy 2:2” for us (reproduce). Please contact Pastor Marshall if you have any questions or concerns now or along the way and if you would like any of the books that are listed in appendix 2.

H.E.A.R. JOURNAL

Highlight a Verse from the Passage

- Name of the book:
- Passage of Scripture:
- Chapter and verses that especially speak to me:
- A title to describe the passage:

Explain the Verse/Passage

- Why was this written?
- To whom was it originally written?
- How does it fit with the verses before and after it?
- Why did the Holy Spirit include the passage in the book?
- What is He intending to communicate through this text?

Apply the Word of God.

- What does this teach me about God?
- Is there a promise to claim in this passage? If so, explain.

-Is there an action or attitude to avoid or embrace? If so, explain.

-Is there a principle to apply? If so, explain.

-How does this passage point me to Christ?

Response-Write out a Prayer of Response

-What am I going to do?

READING LIST

The Lost Art of Disciple Making—LeRoy Eims

Knowing God—J.I. Packer

The Pursuit of God—A.W. Tozer

Any Three—Mike Shipman

Multiply—Francis Chan

T4T A Discipleship Re-Revolution—Steve Smith and Ying Kai

Bonhoeffer's the Cost of Discipleship—Rodney Combs

A Life of Obedience—Andrew Murray

Gospel—J.D. Greear

Weird Because Normal Isn't Working—Craig Groeschel

The Christian Atheist—Craig Groeschel

Spiritual Disciplines for the Christian Life -Donald S. Whitney

Evangelism and the Sovereignty of God—J.I. Packer

Getting the Gospel Right—R.C. Sproul

Teaching Truth, Training Hearts—Thomas J. Nettles with Steve Weaver

Conversion: How God Creates a People (9Marks series)
—Michael Lawrence

Missions: How the Local Church Goes Global (9Marks series)—Andy Johnson

Church Membership: How the World Knows Who Represents Jesus (9Marks series)—Jonathan Leeman

What is the Gospel?—Craig Gilbert

Understanding Baptism—Bobby Jamieson

Understanding the Lord's Supper—Bobby Jamieson

Understanding Church Leadership—Mark Dever

Is God anti-gay?—Sam Allberry

The Whole Christ—Sinclair B. Ferguson

Rediscovering Discipleship—Robby Gallaty

Growing Up—Robby Gallaty

Firmly Planted—Robby Gallaty

Bearing Fruit—Robby Gallaty

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