

# Dgroups

**What is a D-Group?**  
**3 to 5 Believers**  
**(men with men & women with women)**  
**Meeting at least once per week for**  
**about 1 to 1.5 hours**  
**For encouragement, prayer,**  
**Bible study, & accountability**

## WHY DO I NEED A D-GROUP?

### **COMMUNITY**

We all make up the Body of Christ  
(Romans 12:4-5)

### **ACCOUNTABILITY**

Two are better than One &  
Three are better than Two  
(Ecclesiastes 4:9-12)

### **PURPOSE**

We are all called to make Disciples  
(Matthew 28:18-20)

### **EFFECTIVENESS**

We are all called to do Ministry  
and to Strengthen One Another  
(Ephesians 4:11-13)

## How Do I Start a D-Group?

- **Pray (Luke 6:12-13) – Ask, “Who does God want to be in my D-Group?”**
- **Look for People of F.A.I.T.H. - Believers who are Faithful, Available, Intentional, Teachable, & Humble.**
- **Approach them and invite them into your group.**
- **Choose a Bible Reading Plan to work through together.**
- **Covenant to be committed and accountable to each other.**
- **Invest your life in the D-Group for the next 12-18 months.**

*Want more info?*

Come to our next Discipleship Blueprint or contact [jason@fbcislands.com](mailto:jason@fbcislands.com)

## What Do We Do in a D-Group?

- Open with Prayer**
- Have a time of Intentional Conversation - Talk about your Highs & Lows or Celebrations & Praises for the week.**
- Recite the Memory Verse for the week to each other.**
- Share your favorite H.E.A.R. Journal entry from the week.**
- Include other Studies (*but only if time allows*)**
- Spend a few moments holding each other Accountable.**
- Share Requests & Pray.**
- Review Action Steps for the coming week.**

## How Do I Write a H.E.A.R. Journal?

**Begin with Prayer & Ask the Lord to help you H.E.A.R from Him. Then write the letters H.E.A.R. in your journal before each section below:**

**H - Highlight** each verse that speaks to you by copying it under the letter “H” along with the Scripture Reference and a Title to describe the journal entry.

**E - Explain** what the text means.

**A - Apply** the Scripture to your life for today.

**R - Respond** with a personal call to action or a prayer.



## **What does a Healthy D-Group Look Like?**

- **Missional – Are your group members “Going” with the Gospel?**
- **Accountable – Are you encouraging one another towards obedience and faithfulness?**
- **Reproducible – Are you being made ready to personally make disciples?**
- **Communal – Are you each being faithful to meet and build each other up?**
- **Scriptural – Are you growing together in your understanding of God’s Word and hearing from him daily?**