

## D Groups Overview “Following Jesus Together”

(D Groups adapted from Neil Cole’s Life Transformation Group model “LTG’s”)

### What are D Groups? “Doing together what is hard to do alone.”<sup>1</sup>

High Commitment, Meeting weekly with 2-3 people of the same gender to grow in 3 focus areas.

1. **Reading Scripture:**  
Consuming the Word together: Reading daily a bunch of scripture for 3 months. (Completing and maybe repeating whole passages, at least 15 minutes a day)
2. **Rejecting Sin:**  
Following Jesus together: Being Serious about joyful obedience to Jesus, and character formation, confession and repentance.
3. **Reaching Souls:**  
Praying for the lost together: Having intentional witness and generous sharing of Jesus

### D Groups

- Discover Jesus Together
- Go Deeper Together
- Be Disciples Together

### D Group Member Commitment

- o Love God, love each other, love the lost and pray for them.
- o Keep a daily facetime with God.
- o Do your daily readings every week (if anyone is unable to complete the week, the whole group supportively re-reads together. Repetition is good when it comes to the Word.)
- o Make your group meeting a high priority in this season and attend faithfully.
- o Come ready to share authentically and willing to support each other.
- o Contact each other at least once a week outside the group meeting with phone, text, email, etc.
- o Keep things shared in the group confidential to the group.

### Accountability Questions to help us reject sin together

Use these questions to allow the Holy Spirit to search your heart, lead you to repentance, and bring restoration and spiritual health.

1. Have you kept a daily quiet time this week? Are you investing enough in your prime relationships?
2. Have you been trusting Jesus? How has anger, fear, anxiety, or escapism shown up in your life this week? Are you complaining about life or praying over your life. Who are you letting handle your stress?
3. Have you neglected your physical health in any way by failing to take care of your body with proper exercise, healthy eating habits, rest, and sleep patterns?
4. Have you been a slave to dress, friendships, work, media, or technology? Have you procrastinated or misspent any of his time this week?
5. Have you allowed yourself impurity with your thoughts or behavior? Have you lusted, fantasized, viewed inappropriate things, or crossed any boundaries?
6. Have you lacked any integrity in your financial dealings this week, or coveted something that does not belong to you? Are you tithing, saving and spending appropriately?
7. Have you used your tongue to build people up this week? (i.e. not swearing, gossiping, making fun of someone, laughing at inappropriate humor, or speaking truth without love, etc.) Have you damaged another person by your words, either behind their back or face-to-face?
8. Have you lied this week to make yourself look better, to avoid conflict, or avoid consequence?
9. In light of God’s love toward you, do you need to reconcile with somebody? Is there any hatred, bitterness, spite, resentment, or unforgiveness in your heart toward another person?
10. Are there any other temptations you faced since our last meeting?
11. \_\_\_\_\_ (Your personalized question)
12. Have you hidden anything today as you have shared?

<sup>1</sup> “Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.” (Ecclesiastes 4:12, NIV)

**Scripture Content** (2 chapters a day for 3 months)**Track 1**

Luke	[24 Chapters]
Acts	[28 Chapters]
Genesis	[50 Chapters]
Galatians	[6 Chapters]
Exodus A, 1-20	[20 Chapters]
Ephesian	[6 Chapters]
Philippians	[4 Chapters]
Psalms A, 1-30	[30 Chapters]
1 Timothy	[6 Chapters]
2 Timothy	[4 Chapters]

**Track 2**

John	[21 Chapters]
Ruth	[4 Chapters]
1 Samuel	[31 Chapters]
Psalms B, 31-60	[30 Chapters]
2 Samuel	[24 Chapters]
Romans	[16 Chapters]
Daniel	[12 Chapters]
Hebrews	[13 Chapters]
James	[5 Chapters]
Proverbs A, 1-10	[10 Chapters]
Nehemiah	[13 Chapters]

**Track 3**

Matthew	[28 Chapters]
Judges	[21 Chapters]
Psalms C, 61-90	[30 Chapters]
1 Corinthians	[16 Chapters]
2 Corinthians	[13 Chapters]
Job	[42 Chapters]
Proverbs B, 11-20	[10 Chapters]
Jonah	[4 Chapters]
Nahum	[3 Chapters]
Song of Songs	[8 Chapters]
1 John	[5 Chapters]

**Meeting Outline: (1 ½ Hour)****Welcome Time (10 minutes)****Reading the Word (20 Minutes)****Hear & Obey**

*"He replied, "Blessed rather are those who hear the word of God and obey it." (Luke 11:28, NIV)*

Share from your notes or journal what you have learned from the chapters you read this past week and from your daily "facetime" with God. [Suggested: Reading for at least 15 minutes a day.]

- What have you heard from God this week in his Word and in your spirit?
- What changes are you making in your life in response to his Word?
- What is most difficult about obeying his Word this week. What is most exciting?

**Rejecting Sin (40 Minutes)****Repent & Believe**

*"The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!" (Mark 1:15, NIV)*

Share about your walk with Jesus this week. Where have you struggled with sin? Go through the accountability questions and allow the Holy Spirit to search you and bring light into any dark areas. Be specific about your struggles and look for the deeper heart issues behind any sin behavior.

As you confess any failures, repent of your actions, reject the enemy, and receive the grace of Jesus afresh. Claim His power to move forward into transformation and change.

**Reaching Souls (20 Minutes)****Consider & Pray For Non - Believers**

*"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." (Acts 1:8, NIV)*

Share about your relationships and spiritual conversations with non - believers. Pray for them by name to come to Jesus as Savior, be reconciled to God and to start following Jesus as Lord. Keep a shared list of the people you are praying for as a group.

- What opportunities have you had to share Jesus with someone this week?
- How can you help this person connect to the community of Christ?
- How can we pray for them, their needs, their spiritual journey towards Jesus?