

*“If you abide in my word, you are truly my disciples.
You will know the truth, and the truth will set you free.”
(John 8:31-32)*

What is a D-Group?

A D-Group is a gender-specific group of 3-5 believers who grow together for a period of 9-15 months with the purpose of discipleship and multiplication. Each person commits to reading Scripture 5 days per week and meeting weekly for about an hour. Eventually each member invites others to take the same discipleship journey with them!

Why D-Groups?

Gospel Love

Our passion must be our Savior’s passion ... to reproduce followers of Jesus who love God and obey Him out of love! Disciple makers love those they disciple in the same way Jesus would love them. This love is self-less and helps others see their true identity as a treasured child of God. Jesus made deep investments in people through teaching, modeling, correcting, encouraging, and loving.

Accountability

Two of the biggest barriers to growth in the church are a lack of Biblical engagement and authentic accountability. Without these two things – personal Bible reading and accountable relationships – most of us will eventually stall in our spiritual lives. One of the greatest benefits of a D-Group are the plan and accountability to help get people into the Word and keep them in the Word.

Multiplication

D-Groups also give us a plan for making disciples. Though we know our mission is to make disciples who make disciples, we haven’t been shown how to do it, and that lack of a plan keeps us inactive and ineffective. In D-Groups, we have a simple plan and repeatable process that helps anyone facilitate a group leading to maturity and multiplication!

Supplies Needed

- Bible
- Notebook
- Pen or Pencil

Throughout the Week

Our hope is that each person in the group will read God’s Word five days per week, following the same reading plan as one another. Your group can use the reading plan at the end of this guide if desired.

- Start your time with silence and prayer, asking the Spirit to speak to you.
- After you have read, write down what God showed you in a notebook.
- Make it a goal to write down what you hear from God’s Word at least three days per week.

Here are some questions to guide your response to God's Word ...

Reflection

- What does this passage teach you about God or his plan?
- What is the Holy Spirit intending to communicate through this passage?
- What verse(s) speaks directly to you? Why?

Response

- What is Jesus speaking to you through this passage?
- What would the application of this passage look like in my life?
- Write a prayer in response to this passage.

*If you would like to learn about more formal journaling options, they are available [HERE](https://rockbridge.cc/d-groups) or rockbridge.cc/d-groups

Meeting Agenda

*All times are suggestions. As your group grows together, you may adjust times as desired.

By beginning our time with silence and prayer, we focus ourselves on listening to God, and this posture is carried with us as we begin prayerful conversation together.

- o Small talk/catch up (5 mins.)
- o Start with silence & prayer (5 mins.)
- o Discipleship/Accountability questions (15 mins.)
- o Share what was learned through reading & responding to God's Word (25-30 mins.)
- o Share prayer requests and pray for one another (10 mins.)

Discipleship/Accountability Questions

- o Where have you seen God and his goodness at work in your life this week?
- o Have you shared your story, the gospel, or intentionally invested in a relationship with someone disconnected from God this week?
- o How have you loved the people God has placed in your life this week? (i.e. family, friends, coworkers)

Custom Questions

(for your group's focus area)

- o _____
- o _____
- o _____

Plan For Multiplication

As you approach the last 3 months of your D-Group (remember, 9-15 months is the life of a D-Group), it's important to consider how you can invest in others just as the people in your group invested in you. All throughout Scripture we see a theme of being "sent people" who never allow the blessings of the gospel to stop with them. Instead they embrace the promise God gave to Abraham that we are blessed to be a blessing. With the idea of living sent in mind, we want to help you transition from your current group into your future group, with the goal of being as big a blessing in the lives of new members as it has been for you. Read about how to prepare for multiplication [HERE](#) or rockbridge.cc/d-groups/

12 Week Reading Plan

We suggest that your D-Group begin with this 12 week reading plan. Afterwards, there is freedom to choose books of the Bible or other reading plans. We suggest reading one chapter of Scripture per day (reading plans available on the [YouVersion Bible app](#), such as the [F260](#) and [F260 NT](#) reading plans). Make sure everyone in your group is reading the same Scripture each day of the week!

WEEK 1	SCRIPTURE	WEEK 2	SCRIPTURE	WEEK 3	SCRIPTURE	WEEK 4	SCRIPTURE
Monday	John 1	Monday	John 6	Monday	John 11	Monday	John 16
Tuesday	John 2	Tuesday	John 7	Tuesday	John 12	Tuesday	John 17
Wednesday	John 3	Wednesday	John 8	Wednesday	John 13	Wednesday	John 18
Thursday	John 4	Thursday	John 9	Thursday	John 14	Thursday	John 19
Friday	John 5	Friday	John 10	Friday	John 15	Friday	John 20
WEEK 5	SCRIPTURE	WEEK 6	SCRIPTURE	WEEK 7	SCRIPTURE	WEEK 8	SCRIPTURE
Monday	John 21	Monday	Acts 5	Monday	Acts 10	Monday	Acts 15
Tuesday	Acts 1	Tuesday	Acts 6	Tuesday	Acts 11	Tuesday	Acts 16
Wednesday	Acts 2	Wednesday	Acts 7	Wednesday	Acts 12	Wednesday	Acts 17
Thursday	Acts 3	Thursday	Acts 8	Thursday	Acts 13	Thursday	Acts 18
Friday	Acts 4	Friday	Acts 9	Friday	Acts 14	Friday	Acts 19
WEEK 9	SCRIPTURE	WEEK 10	SCRIPTURE	WEEK 11	SCRIPTURE	WEEK 12	SCRIPTURE
Monday	Acts 20	Monday	Acts 25	Monday	Romans 3	Monday	Romans 9-10
Tuesday	Acts 21	Tuesday	Acts 26	Tuesday	Romans 4-5	Tuesday	Romans 11
Wednesday	Acts 22	Wednesday	Acts 27	Wednesday	Romans 6	Wednesday	Romans 12
Thursday	Acts 23	Thursday	Acts 28	Thursday	Romans 7	Thursday	Romans 13-14
Friday	Acts 24	Friday	Romans 1-2	Friday	Romans 8	Friday	Romans 15-16