

# Discipleship Groups

## The Seven Commitments

- 1 Respect your group members and the clock: Commit to showing up and keep the meeting to your agreed time parameters.
- 2 No cross-talk: Don't give advice or interrupt.
- 3 One Counselor: Listen and pay attention to how the Holy Spirit might prompt you to pray.
- 4 Be fully present and attentive to others as they share.
- 5 Community of grace: When someone confesses sin, pardon by saying, "In the name of Jesus Christ you are forgiven." If someone shares a secret, thank them for their courage and never judge.
- 6 Strictly confidential: Never share another person's comments outside of the group.
- 7 Commit to praying for each other and checking in with each other throughout the week.

## What is a Discipleship Group?

A Discipleship Group is a group of 3-5 men or women who gather weekly or bi-weekly to encourage each other, challenge each other, pray for each other and press deeper into their faith.

A Discipleship Group is not a Bible Study, support group, or a mentorship. It is a place to hold each other accountable and celebrate growth in Jesus Christ, as we all seek to be transformed into His likeness.

## How do Discipleship Groups meet?

In-person meetings are best, but you may choose to meet in any way that works best for the group (FaceTime, Zoom, or a hybrid!).

Discipleship groups typically meet together for one hour weekly or bi-weekly.

## Suggested Format for a Discipleship Group

Each group is a little bit different, and you will find your own rhythm as you begin meeting together. Here is a suggested format to follow:

OPEN IN PRAYER

DISCIPLESHIP QUESTIONS - Take turns answering each question.

- How connected to God have you felt this week?
  - (This includes both in corporate worship & in personal rhythms)
- What have your struggles and successes been this week?
- How have the Spirit and Scriptures been speaking to you this week?

CLOSING - Each person share, "Here's how you can pray for me this week..." with one specific request.

## At Your First Meeting

Although Discipleship Groups are generally formed of people who already know each other fairly well, it's still important to start the group by openly sharing your faith stories, and formative life experiences. Use your first meeting to establish your meeting time, your agreed upon length of meeting, and expectations for the group. Then, take turns telling each other your life stories, using the guidelines below!

## Sharing Your Story

Allow about 10-15 minutes for each person to share their story. Be sure to listen attentively and compassionately. This is not the time to interrupt or ask questions!

## SUGGESTED OUTLINE FOR SHARING

### THUMBNAIL SKETCH OF YOUR LIFE | 3-4 minutes

This could include: Telling about the family you grew up in (parents, siblings) & where you grew up, your schooling, jobs, where you have lived, or your present family.

### HIGHS & LOWS | 4-6 minutes

Share high points of your life, as well as low points. Be sure to include any defining moments that you feel are important for your group to know.

### YOUR FAITH | 3-5 minutes

Share when God became real to you, and how that has affected your life. Where do you feel you are currently at in your faith walk?