

DISCIPLESHIP GROUP STARTER GUIDE



TEMPLE HILL BAPTIST CHURCH

A group of hikers is shown in a forest during sunrise. The scene is bathed in warm, golden light from the sun, which is visible in the upper right background. In the foreground, a person with curly hair and glasses, wearing a green jacket and a backpack, is looking down at an open map. Behind them, another hiker in a blue jacket is looking towards the sun. In the distance, a third hiker is visible, also looking towards the light. The overall atmosphere is peaceful and focused.

And what you
have heard from
men in the presence of
many witnesses, commit
to faithful men who will be
able to teach others also.

2 TIMOTHY 2:2

Overview

YOU ARE ABOUT TO ENTER AN EXCITING SEASON OF ACCELERATED SPIRITUAL TRANSFORMATION.

The Discipleship Group environment encourages us to engage with God's Word and His people in a way that most of us never have before. As His Spirit works in our lives, it creates a passion to help others experience the same thing.

WEEK 1 - SHARE YOUR STORY

Before you look forward, spend time getting to know the stories of those in your group. The trust and empathy you develop by hearing each other's stories will increase the impact this group will have on your life.

WEEK 2 - GOALS & EXPECTATIONS

In your second meeting, you will talk about your hope and expectations for the group. This booklet will give you a couple of simple exercises to help you set spiritual goals for the upcoming season.

WEEK 3 - INTRODUCING H.E.A.R. JOURNALS

In the third week, you will begin to get into the rhythm of the four weekly disciplines. You will learn what a H.E.A.R. Journal is.

WEEK 4 - SCRIPTURE MEMORIZATION, ACCOUNTABILITY & PRAYER

During the fourth week, you will continue your weekly rhythm through the disciplines while also introducing your second accountability question and explaining how you will pray for one another.

HOW TO FORM YOUR DISCIPLESHIP GROUP



ARE YOU READY TO START A DISCIPLESHIP GROUP, BUT AREN'T SURE WHERE TO START AND WHO TO INVITE?

If your Discipleship Group isn't formed yet and you need help identifying and inviting people into your group, follow the steps below to form your Discipleship Group.

STEP 1

Identify who you will invite into your Discipleship Group

STEP 2

Invite each of them into your Discipleship Group

STEP 3

Set when your first meeting will be and when and where you will meet for the upcoming season. Once you have the 3-5 people in your Discipleship Group committed and you know your start date, give everyone a Starter Guide and have each person prepared to share their story/testimony on your first meeting.

WEEK 1

LEADER PREPARATION



SCAN THE QR CODE

and watch the video to prepare for leading Week 1's discussion.
templehillbc.com/dgroupguide

NOTES

A large grid of small dots for taking notes, consisting of 20 columns and 20 rows of dots.



WEEK 1

SHARE YOUR STORY

This week is all about getting to know one another's story. As each person shares, listen for how God has been at work in their story and what you are excited to learn from them in the season ahead.

Once your group is settled **identify how much time** each person has to share. You want to be sensitive both to the person that is sharing and that the entire group gets to share. Hit the highlights.

One of the most powerful things God gives each person is their story. Your story is unique to you, and when you share your story, it can be a tremendous blessing to you and those around you. Have each member share their testimony.

Where Do You Hope to Go?

If time allows, take time to share what you hope you to learn and get out of this time.

End the night praying for one another. Either split into partners and pray for each person or prayer as a group. Make sure everyone gets prayed over.

WEEK 2

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WEEK 2

Goals and Expectations

WELCOME TO WEEK 2 OF OUR D-GROUP!

For today's meeting we will discuss where we are going as a Discipleship Group, how we will get there, and what we will expect from each other. Get ready for the amazing months ahead!

DISCUSSION QUESTIONS

As you get started, have each person answer the two questions below.

1. "Why did you join our Discipleship Group?"
2. "What is one thing you hope you get out of our time together?"

WHERE ARE WE GOING?

Discipleship Groups foster a season of accelerated spiritual transformation. It is a highly relational and committed group of believers that are calling each other to look more like Jesus. Over the next season, this group is committing to help each other look more like Jesus in five ways. We call it the M.A.R.C.S. of a disciple.

WHAT WILL HAPPEN?

As we allow the Word of God to work in our lives we will see its impact through five areas known as the MARCS of a Disciple.

In the boxes below, rate between 1-5 how well would each of these sentences describe your life today.

(1 - This doesn't describe me at all;
5 - this definitely describes me.)

M **MISSIONAL**
I am regularly praying for and investing in relationships with those who don't have an active relationship with Jesus.

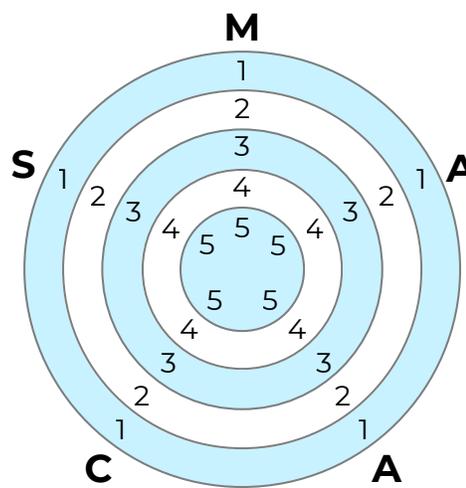
A **ACCOUNTABLE**
I am consistently sharing with other believers about any and all struggles in my life.

R **REPRODUCIBLE**
I am looking for opportunities to invest in other believers to help them grow in their faith.

C **COMMUNAL**
I am regularly engaging in meaningful community with other believers.

S **SCRIPTURAL**
I am experiencing intimacy with Jesus through consistent time reading, meditating, and obeying God's Word.

On the target below, circle the number you chose for each of the M.A.R.C.S. When finished, discuss as a group.



1. Which of the traits is closest to the bullseye? Why did you give it the score you did?
2. Which of the traits is furthest from the bullseye? Why did you give it the score you did?
3. When the Discipleship Group is over, what do you hope your target looks like?

HOW WILL WE GET THERE?

Read 1 TIMOTHY 4:7-8

During the upcoming season, we will “train in godliness” by focusing on four weekly disciplines. When we meet as a group, our meeting time will work through each of these disciplines.

BELOW ARE THE FOUR WEEKLY DISCIPLINES:

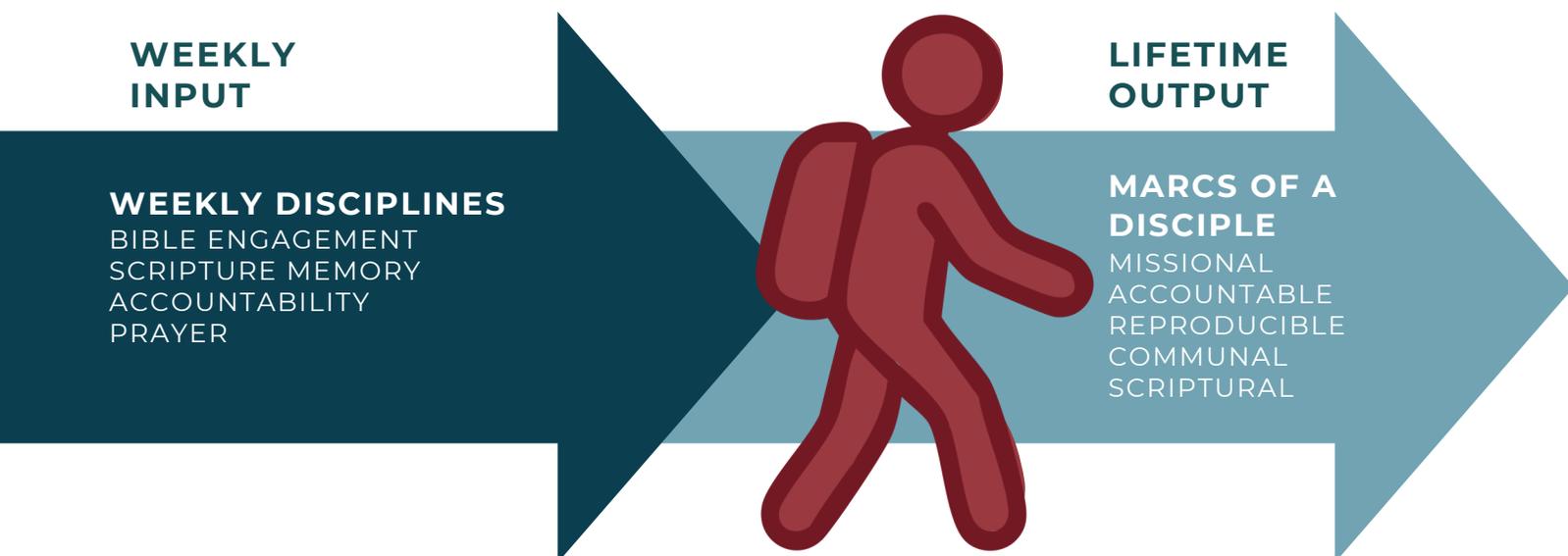
1. Bible Engagement
2. Scripture Memory
3. Accountability
4. Prayer

REFLECTION QUESTIONS

1. Which of the four weekly disciplines are you currently doing best in?

2. Which do you need to grow the most in?

Below is a picture of how the MARCS of the Disciple & the four Weekly Disciplines work together. This picture shows where the group is going and how we will get there.



DISCIPLESHIP GROUP COVENANT

WEEK 2

WHAT DO WE EXPECT?

- During the duration of this group, I will do my best to...
- Give myself fully to the Lord during this time as I anticipate a season of accelerated spiritual transformation.
- Commit to this group and consider how I may best spur others on in their relationship with Jesus.
- Meet weekly with my Discipleship Group (60 minutes). When unable, I will stay involved through sharing H.E.A.R. Journals and prayer requests.
- Commit to the four weekly disciplines: Bible Engagement, Scripture Memory, Accountability, and Prayer.
- Contribute to a group atmosphere of confidentiality, honesty, and transparency.
- Pray every week for the other members of my Discipleship Group and those in my life who don't know Jesus.
- Pray and look for others in my life who I can invite into a new Discipleship Group when my current group decides to multiply.

Name

Date

THIS WEEK

Share the reading plan with the group. Have everyone to begin reading

WEEK 3

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WEEK 3

Bible Engagement

H.E.A.R. Journals & Scripture Memory

A H.E.A.R. JOURNAL IS A SIMPLE WAY TO HELP YOU READ THE BIBLE WITH THE INTENTION OF APPLYING IT.

By asking four simple questions, you can understand and apply any passage. In addition, journaling is a great discipline because it helps you retain three times more of what you read.

Every week, each of us will share a H.E.A.R. Journal entry and discuss what we have heard from God's Word. There is not a set amount of H.E.A.R. Journals that you must do each week, but the goal with this discipline, as with all of the others, is to improve as time goes on. Consider how often you currently journal and do "+1" of that. So, if you have never journaled, just try to do one a week. If you journal occasionally, try to do a few times a week. The hope is that as you get more comfortable with this discipline and experience its benefit, you will want to increase this number throughout the year.

Take a look at the H.E.A.R. Journal example on the next page. As you read through your reading plan this week, create a H.E.A.R. Journal by using these four questions.

H (HIGHLIGHT)

What is a verse(s) that stood out to you in your reading?

E (EXPLAIN)

What is the author's intended meaning in the context of the passage?

A (APPLY)

What is the principle to live by today?

R (RESPOND)

How will I respond to the application in my relationships and/or situations this week?

When the group gets together next week, you will share your H.E.A.R. Journal, and as a group discuss how to best use this method.

Bible Engagement

Sample H.E.A.R. Journal

WEEK 3

Daily Reading: Philippians 4

Date: January 7

H (HIGHLIGHT)

"I am able to do all things through Him who strengthens me." Philippians 4:13

E (EXPLAIN)

Paul was telling the church at Philippi that he has discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

A (APPLY)

In my life, I will experience many ups and downs. My contentment is not found in circumstances. Rather, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

R (RESPOND)

Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I face.

Tips for Bible Engagement

WEEK 3

1. Make It Obvious

Create cues and clear signals to remind yourself to read the Bible.

- Set a specific time and place: “I will read my Bible at 7 a.m. in my favorite chair.”
- Use visual reminders: Place your Bible somewhere you’ll see it—on your pillow, desk, or by your coffee.
- Habit stack: Attach it to an existing habit. For example, “After I make coffee, I will read one chapter.”

2. Make It Attractive

Pair Bible reading with something you enjoy or make it meaningful.

- Pair Bible time with coffee.
- Use a nice Bible or journal: Something that draws you in and makes the experience feel special.

3. Make It Easy

Remove friction so it's not intimidating or overwhelming.

- Start small: Read one verse, one chapter, or five minutes. Focus on consistency, not length.
- Use a Bible app: Read or listen on your phone. Set reminders within the app (like YouVersion).
- Keep your Bible open: Literally, leave it open on a table so it’s ready to go.
- Use a bookmark or checklist: Know where you left off so there's no decision fatigue.

4. Make It Rewarding

- Journal a quick takeaway: Reflect on one thought and see how God speaks daily.
- Mark your progress: Use a tracker or reading plan and celebrate streaks.
- Share what you learn: Post a verse, tell a friend, or use it in your daily conversations to make it more memorable.

How Will We Do Scripture Memory?

WEEK 3

EVERY WEEK, WE WILL HAVE A VERSE THAT WE WILL MEMORIZE.

This is a largely neglected discipline that has amazing benefit for the believer. The discipline's purpose is to store God's Word in our heart (Psalm 119:11).

For this reason, we do not want to only memorize verses, but to meditate on them as we do it. Once everyone recites the verse, the group will discuss what stood out to them as they meditated on it.

THE MORE ALIGNED OUR GROUP IS IN THIS DISCIPLINE, THE MORE BENEFICIAL IT WILL BE.

We will use the Reading Plan memory verses. It will be helpful for everyone to memorize the same passages. Though it is not required to use the same translation, it benefits everyone when we are able to work as a team to say the same verse in the same translation.

REFLECTION QUESTIONS

1. What experience do you have with Scripture Memory?
2. How could you see Scripture Memory being beneficial in your life?

THIS WEEK

After choosing the memorization plan you will use, begin with the first verse this week. Additionally, keep working through your reading plan and completing a H.E.A.R. Journal.

Matthew 5:1-2

Seeing the crowds, he went up on the mountain, and when he sat down, his disciples came to him.

2 And he opened his mouth and taught them, saying:

Tips for Memorization:

- First letter Tool

S T C

HWUOTM

AWHSD

HDCTH

AHOHMATTS

- Fighter Verse App
- Make a Wallpaper Screen of the verse
- Dry-erase board or iPad
- Keep index card in pocket
- Place the verse in a prominent place

"I know of no other single practice in the Christian life more rewarding, practically speaking, than memorizing Scripture... No other single exercise pays greater spiritual dividends! Your prayer life will be strengthened. Your witnessing will be sharper and much more effective. Your attitudes and outlook will begin to change. Your mind will become alert and observant. Your confidence and assurance will be enhanced. Your faith will be solidified."

- Chuck Swindoll (Growing Strong in the Seasons of Life, 61)

WEEK 4

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Accountability & Prayer

AS WE CONTINUE TO INTRODUCE ELEMENTS OF THE DISCIPLESHIP GROUP MEETING, TODAY WE WILL FOCUS ON ACCOUNTABILITY AND PRAYER.

WEEK 4

EXAMPLE DISCIPLESHIP GROUP RHYTHM

FELLOWSHIP: 5 MINUTES

Spend the first ten minutes catching up. If you want, you can be more structured in this time and have each person share his or her “high” and “low” of the week.

SCRIPTURE MEMORY: 5 MINUTES

After everyone quotes the week’s memory verse, ask, “As you meditated on this verse, what stood out to you?” We want to store God’s Word in our heart, not just be able to recite it.

BIBLE READING AND H.E.A.R. JOURNALS: 25-35 MINUTES

As you share H.E.A.R. Journals, a great question to ask is, “Which of your H.E.A.R. Journals stood out the most to you this week and what are you doing about it?”

ACCOUNTABILITY: 5 MINUTES

In addition to our H.E.A.R. Journal question, we always ask: “How have you prayed for and invested in your ONE this week?” Additionally, we will discuss a question from the Accountability

PRAYER: 10 MINUTES

Finish the time by having each person share something specific and personal that the group can pray for.

Who's Your One?

WEEK 4

M: Missional | A: Accountable | R: Reproducible | C: Communal | S: Scriptural

ONE OF THE M.A.R.C.S. OF A DISCIPLE IS *MISSIONAL*.

We want every believer to identify ONE person in their life who is far from God and intentionally pursue that person with the hope of the gospel by praying, investing, and inviting.

As a Discipleship Group, we continually encourage and hold each other accountable to be intentional with this relationship. Once you identify who this person is, we want to commit to doing three things:

PRAY

We will pray daily for these names. We will ask God to make them aware of Christ's love and their need for Him (2 Cor. 4:4; Matt.13:15) and to give them the faith to repent and believe (Acts 20:21; Romans 10:9-10).

INVEST

We will create ways to invest weekly in these people's lives. Our hope is to build a relationship where we can share Christ's love with them (1 Cor. 9:19-23). As we invest in someone's life, we build trust, which creates more opportunities to share the Gospel.

INVITE

As we pray and invest, we invite them to do the next right thing. The ideal would be to share your faith and invite them to enter into a personal relationship with Jesus Christ. If people aren't there yet, we can invite them to belong in our community before they believe. We do this by inviting them to events like our Sunday School, a church outreach event, or a Sunday morning service.

During the accountability time of our Discipleship Group each week, we will ask *"How have you been praying and investing in your ONE this week?"*

How exciting would it be if they come to know Jesus and then joined your next Discipleship Group!

Take a moment and identify one person in your life who either doesn't have a relationship with Jesus or is disengaged with the local church. This person should be someone you see on a regular basis. Consider your family, friends, neighbors, coworkers, classmates, etc. Once you identify this person, write their name down and share a little about this person with the group.

Accountability Questions

WEEK 4

CORE QUESTIONS

Each week, we ask these two questions:

1. Which of your H.E.A.R. Journals stood out the most to you this week and what are you doing about it?"

2. How have you been praying for and investing in your ONE this week?

ADDITIONAL QUESTIONS

With the additional time that you have in the group, ask your group specific questions that will allow them to share about additional parts of their life.

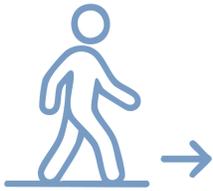
- Have you honored God and your spouse with your thoughts, words, and actions this week?
- How have you intentionally invested in an important relationship in your life? (Family, friends, neighbors, co-workers, etc.)
- Have you given in to any addictive behavior this past week? (alcohol, tobacco, video games, work, TV, etc.)
- Have you told any lies or half-truths this week?
- Have you damaged another person by your words, either behind his or her back or face-to-face?
- How are you making a kingdom impact?

Expert Tip

One suggestion is to ask each person to share with the group their answer to the following question:

"Which question grabs your attention the most and why?"

TEMPLE HILL DREAM DISCIPLE



GUIDED BY GOD



STANDING WITH
FRIENDS



CLIMBING WITH
OTHERS



CARRYING WITH
COURAGE

**“Responding to God’s call as we
follow Jesus and make disciples.”**

TEMPLE HILL