



PARTICIPANT'S
GUIDE

¹⁸Then Jesus came to them and said,
“**All authority in heaven and on earth has been given to me.** ¹⁹ Therefore **go and make disciples** of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

MATTHEW 28:18-20

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The Bayou Church is all about seeing lives transformed in Acadiana through Christ-centered relationships. God has called us to reach all of Acadiana for Jesus and discipleship is how we will do it. It's how Jesus did it then and how He wants us to do it now. Discipleship is God's proven and commanded method for growing every believer to maturity and reaching those in our community who don't know Jesus. Our D-Group model is based on Jesus' approach to making disciples who go and make disciples.

We want to individually develop you to grow in your faith to a level where you can help others grow in their faith. We want to lead you to move beyond just attending church, going to small group, and serving. We want you to grow to spiritual maturity and fulfill God's chazown (dream) for your life. As a result of living out God's method for discipleship, you will experience the lifelong measures of a disciple, which are to Know God Intimately, Find Community Intentionally, Make a Difference Purposefully, and Make Disciples Relationally. Thank you for being willing to obey Jesus' great commission to make disciples!

The best is ahead!

A handwritten signature in black ink that reads "Sean Walker". The signature is fluid and cursive.

Sean Walker
Lead Pastor

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

This D-Group Participant’s Guide introduces each element of the group and guides you along the way.

What to expect in your first month:

Week 1	Week 2	Week 3	Week 4 and Beyond
<p>D-Group Overview</p>	<p>Getting to Know Each Other</p>	<p>HEAR Journals</p>	<p>Build Upon Spiritual Disciplines</p>
<p>In your first meeting, your leader will walk you through where we are going as a Discipleship Group, how we will get there, and what we will expect from each other. (pgs. 4-8)</p>	<p>Share about your family, work, and personal hobbies. As you consider digging deeper, schedule a time in the future to write your testimony and share with your group. See the appendix for assistance. You will also discuss your first discipline, Bible reading. (pgs. 10-11)</p>	<p>In the third week, you will begin to get into the rhythm of the weekly disciplines. You will learn what a HEAR journal is, why it’s important, and how to write one. (pgs. 12-13)</p>	<p>During the fourth week and beyond, you will continue building upon the spiritual disciplines until your group is working through all seven each week. (pg. 18)</p>

What questions do you have as you get started?

WHY IS DISCIPLESHIP IMPORTANT?

Discipleship is God's proven and commanded method for growing every believer to maturity and reaching those in our community who don't know Jesus.

Jesus said in Matthew 28:19-20: ¹⁹ *Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,* ²⁰ *and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.*

WHAT IS A D-GROUP?

A gender-specific closed group of 3 to 5 believers who meet together weekly to grow as disciples of Jesus. Through spiritual disciplines and discipleship relationships, each believer aims to grow in their faith so that they can become disciple making leaders that help others grow in their faith.

WEEKLY DISCIPLINES

- Bible Reading
- HEAR Journal
- Scripture Memory
- Prayer
- Accountability
- Who's Your One
- RESET

WEEKLY DISCIPLINES
(WEEKLY INPUT)



MEASURES OF A DISCIPLE

The lifelong measures for disciples are that they:

- Know God *Intimately*
- Find Community *Intentionally*
- Make A Difference *Purposefully*
- Make Disciples *Relationally*

MEASURES OF A DISCIPLE
(LIFELONG OUTPUT)

WHO IS A D-GROUP FOR?

D-Groups are for believers who are ready to grow. A great candidate is a man or woman of FAITH:

- F** AITHFUL
- A** VAILABLE
- I** NENTIONAL
- T** EACHABLE
- H** UMBLE

WHAT IS THE COMMITMENT?

- Give yourself fully to the Lord during this time as you anticipate a season of accelerated spiritual transformation.
- Commit to the grace-filled weekly disciplines.
- Meet weekly with my D-Group (60-90 minutes) over the course of 12-18 months. When unable, I will stay involved through sharing HEAR Journals and prayer requests.
- Contribute to a group atmosphere of confidentiality, honesty, and transparency.
- Pray weekly for the other members of my D-Group and those in my life who don't know Jesus.
- Start my own D-Group once my current group multiplies.

IMPORTANT TERMS

Disciple-making is intentionally entering into someone's life to help them know and follow Jesus (evangelism) and teach them to obey His commands (discipleship). Disciple-making is the overall process of living out the Great Commission, through evangelism and discipleship.

Evangelism is sharing the Gospel (The Good News) of Jesus Christ with someone to help them know and follow Jesus as Lord through repentance and faith.

Discipleship is intentionally equipping believers with the Word of God through accountable relationships empowered by the Holy Spirit in order to multiply faithful followers of Christ.

A **disciple** is a devoted follower of Jesus.

A TYPICAL WEEKLY D-GROUP MEETING FLOW

FELLOWSHIP: 10 Minutes	SCRIPTURE MEMORY: 5-10 Minutes	BIBLE READING AND HEAR JOURNALS: 25-35 Minutes	ACCOUNTABILITY: 10-25 Minutes	PRAYER: 10 Minutes
Spend the first 10 minutes catching up. If you want, you can be more structured during this time and have each person share their “high” and “low” of the week.	After everyone quotes the week’s memory verse, ask, “What does this verse mean? As you meditated on this verse, how did it impact you?” We want to store God’s Word in our heart, not just be able to recite it.	As you share HEAR Journals, a great question to ask is, “Which of your HEAR Journals stood out the most to you this week and what are you doing about it?”	In addition to our HEAR 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 questions list.	Finish the time by having each person share something specific and personal that the group can pray for, and close in prayer.

THE DIFFERENCES BETWEEN SMALL GROUPS AND D-GROUPS

	SMALL GROUPS	D-GROUPS
Description	Life-changing community of people who meet regularly to share their lives in authentic relationships	Gender-specific, closed group that meets weekly for structured discipleship and multiplication
Make-up	Not-yet, new, & mature believers	Believers
Dynamic	Co-ed or gender specific	Gender specific
Type	Open group	Closed group
Size	6-12 people	4-5 people
Timeframe	Semesterly, Ongoing	12-18 months
Emphasis	Sermon-based discussion questions, Curriculum	Bible reading plan
Purpose	Find community	Make disciples and multiply

You have heard me teach things that have been confirmed by many reliable witnesses. Now teach these truths to other trustworthy people who will be able to pass them on to others. 2 Timothy 2:2

WHERE ARE WE GOING?

Discipleship Groups create a season of accelerated spiritual transformation. It is a highly relational and committed group of believers that are challenging each other to look more like Jesus.

WHAT WILL HAPPEN?

As we allow the Word of God to work in our lives we will see individual transformation as we grow in these measures of a disciple.

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?"

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

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

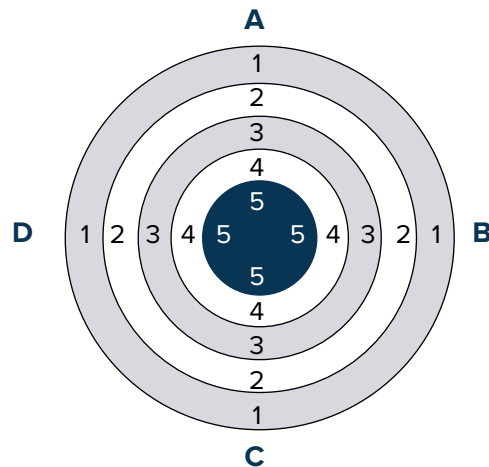
A. KNOW GOD ... INTIMATELY
I am experiencing intimacy with Jesus through consistent time reading, meditating, and obeying God's Word.

B. FIND COMMUNITY ... INTENTIONALLY
I am regularly engaging in meaningful community with other believers.

C. MAKE A DIFFERENCE ... PURPOSEFULLY
I am aware of my spiritual gifts and God-given abilities and I am actively and consistently using them to honor God and serve other people.

D. MAKE DISCIPLES ... RELATIONALLY
I am looking for opportunities to invest in other believers to help them grow in their faith.

On the target below, check the number you chose for each of the measures. When finished, discuss as a group.



Discussion Questions

1. Which of the measures is closest to the bullseye? Why did you give it the score you did?
2. Which of the measures is furthest from the bullseye? Why did you give it the score you did?

HOW WILL WE GET THERE?

*Do not waste time arguing over godless ideas and old wives' tales. Instead, **train yourself to be godly.** "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." 1 Timothy 4:7-8*

During the upcoming season, we will "train in godliness" by focusing on seven weekly disciplines. When we meet as a group, our meeting time will work through each of these disciplines. Though we commit to these disciplines, it is not our effort that changes us, but the Holy Spirit through His Word.

Below are the seven weekly disciplines:

1. **Bible Reading:** Consistent time reading God's Word.
2. **HEAR Journal:** Engaging with the Bible by journaling daily learnings and applications.
3. **Scripture Memory:** Memorizing Scripture so that you can meditate on His truths and be ready to share with others.
4. **Accountability:** Intentionally sharing temptations and struggles with others so that you can be encouraged and held accountable.
5. **Prayer:** Intimate time with God through prayer that focuses on your relationship with Him, your needs, and prayer for others.
6. **Who's Your One:** Intentionally sharing Jesus with one person that's far from God.
7. **RESET:** Taking time to reset, pray, and focus on God.

Spiritual Disciplines Inventory

1. Bible Reading	1	2	3	4	5
2. HEAR Journal	1	2	3	4	5
3. Scripture Memory	1	2	3	4	5
4. Accountability	1	2	3	4	5
5. Prayer	1	2	3	4	5
6. Who's Your One	1	2	3	4	5
7. RESET	1	2	3	4	5

Discussion Questions

1. Which of the seven weekly disciplines is currently your strongest?
2. Which do you need to grow in the most?

NOTES:

1. BIBLE READING

For the Word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Hebrews 4:12

God's Word is holy and perfect. Therefore, in all that we believe and practice in our life and faith, God's Word is our highest authority. This is also why we believe every Christian should read and study God's Word for themselves. God uses His Word to transform our lives! God uses it to prepare and equip His people to do every good work.

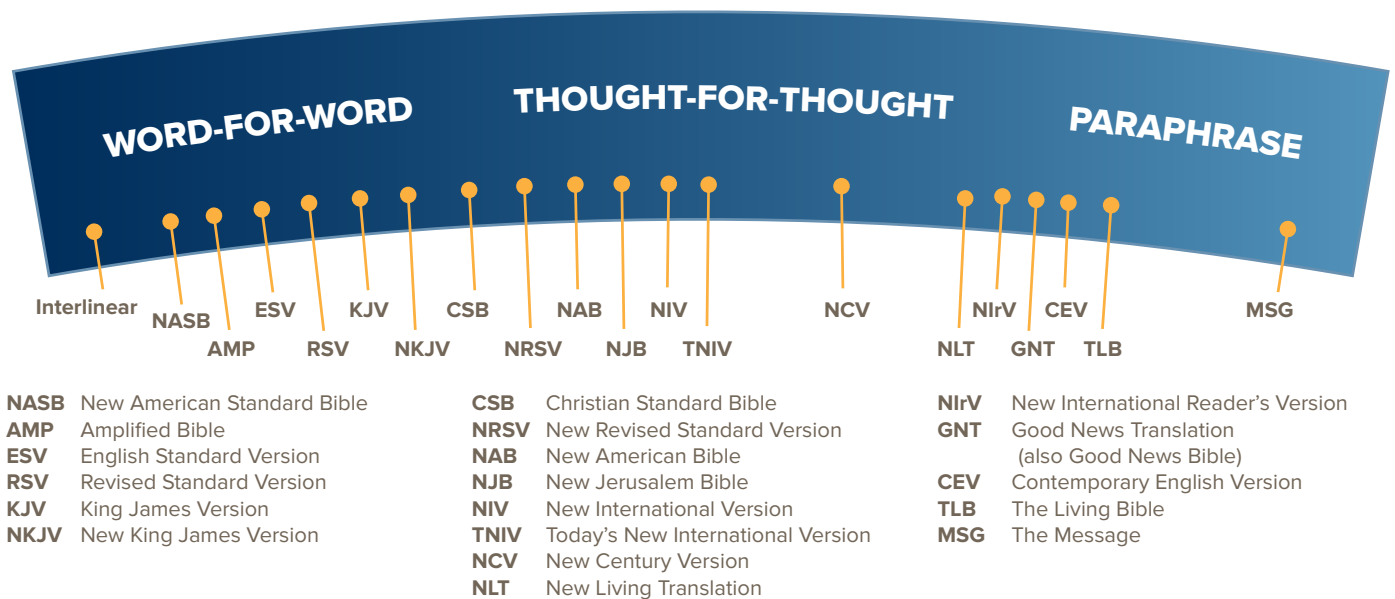
God has so many things in store for you when you choose to read His Word; and knowing God through His Word will be the centerpiece of your D-Group experience.

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.

2 Timothy 3:16-17

Types of Bible Translations

Determining which Bible translation to use can be a confusing and difficult decision. It's important to understand that there's not one that's better than the other. However, the approach to the translations can be very different. For instance, the KJV and NASB attempt to take the Hebrew and Greek words and translate them into as close as the English word as possible, while the NIV and NLT attempt to take the original thought that was being presented in Hebrew and Greek and express that thought in English thought for thought. Despite the many Bible translations, we can be confident that God's Word is truth and will accomplish His purposes.



*In the back of this guide are three reading plan options (The New Testament in One Year, The Entire Bible in One Year, and The Major Topics of The Bible). Day 1 of each week is Monday. There are only five days per week so that you have built in margin to catch up when you miss a day.

Approaches to Reading God's Word

There are many different ways that we approach God's Word. Sometimes we are drawn to verses that meet us where we are, so we skip around to different books in the Bible. Other times we are looking for an answer to a problem in our life, or we need encouragement and find verses that make us feel better. Ultimately, God's Word should always lead us to understanding Him more. One of the most effective ways to approach God's Word is to use a reading plan that provides a systematic way to break down the Bible into bite-sized daily readings. It's important that whichever reading plan you use has margin and is realistic. The purpose of the reading plan is to draw closer to God, not to simply check a box.

Discussion Questions

1. What's been your approach to Bible reading?
2. What Bible reading plan has your D-Group selected? What excites you about this commitment and what concerns do you have?

Resources

The suggested commentaries and online materials to the right will provide additional insight to help you understand the Bible.

Before you jump to a commentary, pray and ask God to speak to you on your own apart from it. Then consider using a commentary that's helpful for you. Commentaries are not the Word of God, so keep in mind that they are great servants, but terrible masters. Only God's Word is the final authority.

NLT Life Application Study Bible

ESV Study Bible

CSB Study Bible

Foundations Journal with Commentary

Believer's Bible Commentary

The MacArthur Bible Commentary

Additional helpful resources:

- YouVersion Bible App
- The BibleProject (Youtube/App)
- GotQuestions (.org/App)
- BlueLetterBible.org (for studying the original languages) (.org/App)

2. HEAR JOURNAL

What Is A HEAR Journal?

A HEAR Journal is a simple way to help you read the Bible, understand it, and apply it to your life.

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 HEAR Journal and discuss what we have heard from God's Word. The goal with this discipline, as with all of the others, is to improve as time goes on and build until you can do 5 HEAR Journals a week. Consider how often you currently journal and do "+1" of that. So, if you have never journaled, just try to do a couple a week. If you journal occasionally, try to do it three times a week. Continue to grow in this discipline until you are journaling five times a week.

As you go through your reading plan this week, create a HEAR Journal by using these four questions.

H (HIGHLIGHT)

What verse(s) stood out to me in my reading?

E (EXPLAIN)

What did that verse mean then?

A (APPLY)

What is God specifically telling me to do today?

R (RESPOND)

What am I going to do about it?

Each week you will share which HEAR Journal entry stood out the most and how you are applying it to your daily life.

HEAR Journal

The acronym, HEAR, stands for Highlight, Explain, Apply, and Respond. Each of these four steps helps us HEAR God speak and then live out what He is telling us.

Every time we open our Bibles, it is helpful to pray the simple prayer that David prayed: "Open my eyes to see the wonderful truths in your instructions." (Psalm 119:18).

H – Highlight - What verse(s) stood out to me in my reading?

As you read what is assigned from your reading plan that day, highlight in your Bible or your journal any verses that stick out to you or piqued your interest. Then after you complete all of the reading for that day, go back and select the verse(s) that stood out more than any others. Then write that verse(s) out word for word in your journal, including the book, chapter, and verse number. Writing out the Word of God helps us to process it in a unique and more thoughtful way.

E – Explain - What did that verse mean then?

After you have selected and written out your highlighted passage in your HEAR Journal, you will EXPLAIN what the passage meant then in its original context. By asking some simple questions, with the help of God's Spirit, you can understand the original meaning of the passage. Here are a few questions to assist you:

- Who is speaking?
- To whom are they speaking and why?
- Do the verses before or after help you understand the context and purpose?
- Why did the Holy Spirit include this passage in this book?
- What is God intending to communicate through this text?

At this point, you are beginning the process of discovering the specific and personal word that God has for you from His Word. It is important that you engage with the text and wrestle with its original meaning. Ask God again to speak to you through His Spirit.

When needed, there are many additional resources to help you understand the original meaning of different Bible passages. See page 11 for suggested resources.

A – Apply - What is God specifically telling me to do today?

After you have highlighted your verse and explained it, then you will write how you can APPLY it. This application is the heart of the process. Everything you have done so far culminates under this step. As you have done before, answer a series of questions to uncover how this verse personally applies to you today, questions like:

- Is there a command to obey?
- Is there an example to follow?
- Is there a sin to confess or avoid?
- Is there a promise to keep?
- Is there a knowledge of God I need to reflect on?
- What would the application of this verse look like in my life?
- What is God saying to me right now?

As you complete your HEAR Journal, these questions bridge the gap between the ancient world and your world today. They provide a way for God to speak to you and guide you toward what He has for you and wants you to do today.

Challenge yourself to write between two and five sentences about how the highlighted passage applies to your life. The more specific you can be about what God is telling you, the better. Vague things are hard to go and do. Specific things are much more likely to be lived out.

R – Respond - What am I going to do about it?

The last part of the HEAR Journal is to RESPOND. Your response to the passage may take on many forms.

- You may write a call to action.
- You may describe how you will be different because of what God has said to you through His Word.
- You may indicate what you are going to do because of what you have learned.
- You may respond by writing out a prayer to God. For example, you may ask God to help you to be more loving, or to give you a desire to be more generous.
- You may respond with admitting a sin, or confessing a blind spot.
- You may respond by worshiping God or agreeing to do what He has just told you to do.

Keep in mind that this is your response to what you have just read.

Notice that all of the words in the HEAR Journal formula are action words: Highlight, Explain, Apply, and Respond. God does not want us to sit back and wait for Him to drop some truth into our laps. God wants us to actively pursue Him. Jesus said, “Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you.” (Matthew 7:7)

SAMPLE HEAR JOURNAL:

Read: John 11

H (Highlight) - John 11:4 But when Jesus heard about it He said, “Lazarus’s sickness will not end in death. No, it happened for the glory of God so that the Son of God will receive glory from this.”

E (Explain) - It appeared like things had gone wrong, but God was planning something special. It wasn’t actually headed in the direction people thought it was; God was at work.

A (Apply) - I need to trust God’s plan and purposes especially when I don’t see or understand. If even death can’t mess up God’s plans, then what can? God’s got this!

R (Respond) - Thank you Lord that you are always in control. Help me trust that you’ve got this. I love you!

3. SCRIPTURE MEMORY

I have hidden your Word in my heart, that I might not sin against you. Psalm 119:11

Every week, we will have a verse that we memorize.

This is a largely neglected discipline that has amazing benefits for the believer. The purpose of the discipline is to store God's Word in our heart. For this reason, we do not want to only memorize verses, but to meditate on them as we memorize them. Once everyone recites the verse, the group will discuss what the verse means and what it means to them.

Discussion Questions

1. What experience do you have with Scripture Memory?
2. What methods have helped you with memorization that could be beneficial when it comes to storing God's Word in your heart?
3. How could you see Scripture Memory being beneficial in your life?

Here are a few different tips and methods to best help you memorize God's Word.

Consistency Is Key - The more that you read over the Scripture the better. Think about what you're already looking at often and place the verse there: your bathroom mirror, car dashboard, desk at work, cell phone lock screen, etc. Index cards and sticky notes work great for this. Potentially utilize your phone alarm or calendar reminders to help you get in the habit of reviewing your verse.

Utilize Different Methods of Reciting - Everyone learns differently. Here are a few different styles of learning: say it out loud or sketch the verse, search it on your music platform and learn through song or even make up your own, find an app that helps you learn it through fill in the blanks and games.

Get Others Involved - Throughout the week, place the verse in your D-Group chat. Have others around you check you as you quote the verse. They will probably enjoy quizzing you and seeing how well you know it or don't know it. This is especially fun for younger kids to flip the role and see how well you're prepared for your "test." You're also helping others learn the verse without them realizing.

Write out your group's first Scripture memory below.

4. PRAYER

“Once Jesus was in a certain place praying. As He finished, one of His disciples came to Him and said, ‘Lord, teach us to pray ...’” Luke 11:1

What is prayer?

Prayer is the primary way for believers in Jesus Christ to communicate emotions and desires with God and to fellowship with Him. Prayer is an intimate time with God that focuses on your relationship with Him, listening to Him, expressing your thoughts and needs, and the needs of others as well. The most basic definition of prayer is simply communicating with God.

Why should we pray?

Prayer brings us to the very presence of God. It is through prayer that we are strengthened, cleansed, restored, and equipped, and it is the divine connection between things seen and unseen. It is an encounter with the God of the universe, and it is so spiritual that Paul tells us in Romans 8:26-27, *“In the same way the Holy Spirit also helps us in our weakness, because we do not know what to pray for as we should, but the Spirit Himself intercedes for us with inexpressible groanings.”* In prayer, we are completely connected to God through the Spirit.

Prayer facilitates spiritual growth, fellowship with Him, power in the spiritual realm, and blessings in the earthly realm.

When should we pray?

Communicating with God daily helps us to remain focused on Him, and it keeps us growing in relationship with our Heavenly Father, not just in our knowledge of Him. Since prayer is the way that we talk to God, then we must make it a daily priority.

While we are to have a time of designated prayer, the Bible also teaches us to be in prayer about everything. In Philippians 4:6 it says, *“Don’t worry*

about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.” Constantly praying may seem impossible if we don’t understand that prayer is more than words. It is a posture, a yearning, and sometimes a groaning for the things of God to be working and active in our daily lives. Prayer allows for a keen awareness of the Holy Spirit’s power that provides us what we need for each moment.

Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. Ephesians 6:18

How do we pray?

It begins with a desire and a motivation that is pure at heart. In Matthew 5:8, Jesus tells us that we will see God when our hearts are pure. We may not know how to pray, but God looks at our heart. When we pray, it’s about us and God rather than about praying the perfect words over and over or praying to impress people. With a pure heart, we should pray by following the Lord’s Prayer pattern given to us in Matthew 6:9-13.

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. Matthew 6:9-13 (NIV)

There are 7 key parts to the model Jesus gives us:

1. Relationship – “Our Father in heaven,”

Begin by receiving God’s love and recognizing the relationship and deep connection you have with Father God through Christ.

2. Worship – “Hallowed be your name,”

Respond to the revelation of the glory of God’s Name. He is Holy and the names of our Holy God are to be declared by us in prayer. Isaiah 6:3 says, “And they were calling to one another: *‘Holy, holy, holy is the Lord Almighty; the whole earth is full of His glory.’*” When we truly understand His holiness, and experience it while being in His presence, all other cares clear the room. There isn’t room for anything other than God’s presence and glory, and all things that are not eternal will disappear.

3. Lordship – “Your kingdom come, your will be done on earth as it is in heaven.”

Once you declare the glory of His Name, you call for the advancement of His Kingdom reign. Pray for His will to be done in your life today, tomorrow, and in each season ahead.

4. Sonship – “Give us today our daily bread.”

God loves to provide for His children. He meets our most basic needs, and also loves to provide for our big needs as well.

5. Fellowship – “Forgive us our debts. As we forgive our debtors.”

With the forgiveness we have received from Christ, we are able to extend forgiveness to others. Until we understand the magnitude of the forgiveness we’ve received, it’s difficult to fully extend forgiveness to the ones who need it the most.

6. Leadership – “Lead us not into temptation but deliver us from the evil one.”

Our two greatest enemies are sin and Satan. This portion of the Lord’s Prayer pattern confronts both of these enemies. Prayer is the most powerful thing we can do to fight against the spiritual forces in the heavenly places.

7. Ownership – “For yours is the Kingdom and the power and the glory forever.”

Prayer moves toward Christ’s ownership over all things.

Discussion Questions

1. What role has prayer played in shaping your relationship with God?
2. What is something that you have recently learned about prayer?
3. Prayer starts with who God is and declaring His holiness; it doesn’t start with what you need. Why do you think Jesus taught us to praise God and to surrender to God before we make our requests to God?
4. Would you say that you are devoted in prayer? How could you grow in the discipline of prayer?

My Prayer Plan:

Take time this week to develop a 30-day prayer plan that works best for you so that you can spend time daily with the Lord. There’s something powerful about writing down your prayer plan. It is an opportunity to remind yourself of what you have committed to do and later to celebrate how God has grown you through this experience.

Daily prayer time:

Daily prayer place:

Ideas and prayer methods that I’d like to try:

Categories of prayer requests to focus on daily, weekly, and monthly:

Specific prayer requests that are most important over the next 30 days:

5. ACCOUNTABILITY

Confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

James 5:16

Relational accountability is important to the life of a believer. D-Groups will create an atmosphere that fosters authenticity and vulnerability, allowing disciples to walk in the light in all areas of their lives.

ACCOUNTABILITY 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.

Here is a list of potential accountability questions. You don't have to ask all of these questions every week. Focus on the questions each disciple needs the most.

- Have you honored God with your thoughts, words, and actions this week?
- Have you honored your spouse and/or family with your thoughts, words, and actions this week?

- Have you intentionally invested in the important relationships in your life? (Family, friends, neighbors, co-workers, etc.)
- Have you given in to any addictive behavior this past week? (alcohol, tobacco, video games, social media, 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?
- Have you taken care of your body with healthy food, sufficient exercise, and sufficient sleep this week?
- Have you struggled with anger this week?
- Have you struggled with complaining or excessive fault-finding this week?
- Have you been completely honest with your answers today?
- How are you making a kingdom impact?

Discussion Questions

1. What has accountability looked like in your life?
2. What's required for there to be transparency and honesty in accountability?

6. WHO'S YOUR ONE

We want every disciple 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** for their one, **investing** in their one, and **inviting** their one to take whatever their next step is. As a Discipleship Group, we continually encourage, challenge, and hold each other accountable to be intentional with this relationship. Once each disciple identifies who this person is, we want them to commit to doing three things:

PRAY

You will pray daily for your one. You will ask God to make your one aware of Christ's love and their need for Him and for God to give them the faith to repent of their sin, believe in Jesus, and follow Him.

INVEST

You will intentionally create ways to invest in your one's life every week. This can be a text message, a phone call, or a visit. Encourage them. Speak positive truth into their life. The purpose is to build a relationship where you can share Christ's love with them. As you invest in someone's life, you build trust, which creates more opportunities to share the Gospel.

INVITE

As you pray and invest, you will have the opportunity to invite them to take whatever their next step in their faith might be. The greatest opportunity would be to share your faith story and invite them to enter into a personal relationship with Jesus Christ. When people aren't there yet, we can invite them to belong in our community before they believe. We do this by inviting them to meet for coffee, dinner, or over to our house to watch a ball game or have a play date. We can invite them to our Small Group, a church event, or a Sunday morning service.

During the accountability time of our D-Group each week, we will ask "How have you been praying and investing in your one this week?" How exciting will it be when the person you've been praying for comes to know Jesus? Imagine one day if you were able to invite them to join your next discipleship group!

Take some time to identify one person in your life who either doesn't have a relationship with Jesus or is far from Christ. This person should be someone you see or can 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.

Who's Your One?

7. RESET

R.E.S.E.T.

An optional tool for further growth

The RESET consists of 10-15 minutes of intentional time with God, as often as you need it. It's a scheduled time alone with God—just to be still!

The Bible is filled with Scriptures encouraging this practice. Here is one. Psalm 46:10 - "Be still, and know that I am God!" Another way to translate this verse is: "Stop trying to do it all by yourself and remember that I've got this." If you struggle to slow down and pause, or you frequently feel overwhelmed, you're going to love learning how to RESET.

Below is a template for how to do a RESET. It's important to note that the outline is meant to be a guide for you to follow. Some days you may walk through all five steps. Other days you may only do one or two or none.

Begin by sitting in silence for one to two minutes. You're not doing anything, not actively thinking about calendar appointments or your to-do list. You're just sitting, allowing yourself to sink into the quiet. Next, walk through each step for two to three minutes each. It's fine to spend more time in a particular area that needs attention. You may want to journal your RESET because it helps you focus and keep a record of what is going on in your life spiritually and relationally throughout the years. You do not have to journal it though.

Here are the steps of a RESET:

R - Relationships: Begin with the Great Commandment of loving God and loving others. When our vertical relationship with God is aligned, our horizontal relationships with others will be positively affected. The entire point of discipleship is not to check a bunch of boxes, but build your relationship with God, which will also grow your relationships with others. This question keeps our time with God on a relational level.

1. God: How is my relationship with You? How are You and I doing? Worship Him in this moment. Praise Him for why you believe He is so good. Is there any unconfessed sin in my life? Is there something You are leading me to do that I haven't done?
2. Others: How are my relationships with the people who matter most? Have I wronged anyone? Do I need to ask forgiveness for something I've done? Do I need to speak truth and/or grace into anyone's life? Do I need to check on anyone?

E - Environment: Sit (or walk) in silence and enjoy God's creation. Find a spot where you can be outside or look out of a window. Psalm 19:1 says, "*The heavens proclaim the glory of God. The skies display His craftsmanship.*" With childlike wonder, sit in awe of what God has made.

S - Scripture: This is the center element of your RESET, just as it should be the center of our lives. This may be where you meditate on Scripture that you've memorized or reflect on a recent HEAR Journal.

E - Emotions: How am I feeling emotionally? How did I sleep last night? If poorly, why? Is there any stress or worry or fear or negative thinking in my life? If so, name and identify it specifically. Write it down even. Then give it to God and transfer the worry and responsibility to Him. In 1 Peter 5:7, Peter tell us to "*Give all your worries and cares to God, for He cares about you.*" Consider your physical body. Do you have stress anywhere? Tension in your muscles or back or neck or anywhere else? Take this time to address your mental and physical state and offer it to the Lord so that you can be used best by Him.

T - Thankfulness: Name one or two things you are thankful for today. Don't be vague. Name specifically the things you are grateful for. After practicing the RESET for some time, you will move beyond the typical, "I'm thankful for my health," or "I'm thankful for my family" and begin naming specific moments or items in your life that you are thankful for.

NOTES:

PREPARING TO LAUNCH A D-GROUP

All throughout the Bible, we see our identity as “sent people.” God never intended for the Gospel to stop with us, but for us to take it to others. As believers, the reason that we move out of the comforts of our current community is to create a place where new people can experience the same blessings we have. Jesus left His heavenly community to come to earth to save us. The disciples left their community in Jerusalem to take the Gospel to the ends of the earth. And most likely someone in your life left the comfort of their community to invest in you. We now have the privilege to join this movement as we provide the same life-changing community to others that we have received from this group.

As part of your D-Group experience, take time during the final three months prior to multiplying to complete the three video-based sessions that will help you prepare well for leading your future D-Group. Use this guide to take notes, and make sure to spend time with your fellow D-Group members to ask questions and prepare together.

And what you have heard from me in the presence of many witnesses, commit to faithful men who will be able to teach others also. 2 Timothy 2:2

MULTIPLY SESSION 1: D-GROUPS VISION

What do we want most for our people?

#1 - Spiritual _____

¹¹ There is much more we would like to say about this, but it is difficult to explain, especially since you are spiritually dull and don't seem to listen. ¹² You have been believers so long now that you ought to be teaching others. Instead, you need someone to teach you again the basic things about God's Word. You are like babies who need milk and cannot eat solid food. ¹³ For someone who lives on milk is still an infant and doesn't know how to do what is right. ¹⁴ Solid food is for those who are mature, who through training have the skill to recognize the difference between right and wrong. Hebrews 5:11-14

The lifelong measures of a disciple are that they:

- Know God _____
- Find Community _____
- Make A Difference _____
- Make Disciples _____

#2 - The Gospel to _____

[He] wants everyone to be saved and to understand the truth. 1 Timothy 2:4

Discipleship is God's proven and _____ method for growing every believer to _____ and reaching those in our community who _____ know Jesus.

¹⁸ Jesus came and told His disciples, “I have been given all authority in heaven and on earth. ¹⁹ Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. ²⁰ Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.” Matthew 28:18-20

What is a D-Group?

A _____ closed group of 3 to 5 _____ who meet together weekly to grow as disciples of Jesus through _____ and _____.

Who is a D-Group is for?

A great candidate is a person of FAITH:

- _____
- _____
- _____
- _____
- _____

Discussion Questions

1. What are some of the benefits that you've experienced as part of being in D-Group?
2. How have you seen other members in your group grow during this season?
3. Which of the measures of a disciple have been the greatest priority for you in this season?

ACTION ITEM

Brainstorm names of "people of FAITH" that you could potentially invite into your future D-Group. Over the next month, pray about who you could invite and be prepared to share your list of people when you meet for Multiply: Session 2.

MULTIPLY SESSION 2: D-GROUPS METHOD

Why do we use this method?

- It's based on _____.
- It's based on _____.
- It's designed to be _____ and _____.

This method is built on 7 core _____.

- | | |
|---------|---------|
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | • _____ |
| • _____ | |

Bible Reading

The Bible is the _____ of D-Groups.

¹⁶All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. ¹⁷God uses it to prepare and equip His people to do every good work. 2 Timothy 3:16-17

HEAR Journals

This discipline is about _____ with the Bible by _____ daily what God is teaching you and how you are applying it to your life.

How to HEAR from God?

- _____
- _____
- _____
- _____

Scripture Memory

Why should we memorize Scripture?

- So that you can _____ on His truths and be ready to _____ them with others.

⁹How can a young person stay on the path of purity? By living according to your Word. ¹⁰I seek you with all my heart; do not let me stray from your commands. ¹¹I have hidden your word in my heart that I might not sin against you. Psalm 119:9-11

Prayer

What is it?

- _____ time with God that focuses on your relationship with Him, listening to Him, expressing your thoughts and needs, and the needs of others as well.
- Create a _____.

RESET

Take time to _____, pray, and focus on God.

Accountability

We should be _____ sharing temptations and struggles with others so that we can be _____ and held _____.

Who's Your One?

_____ people _____ people.

We should be intentionally _____ Jesus with one person that's far from God.

Discussion Questions

1. What part of our D-Group method are you most excited to lead others to experience? Why?
2. As we prepare to multiply, which best describes your current posture?
 - a. Green Light – I am ready to start my own group!
 - b. Yellow Light – I am willing, but have some cautions.
 - c. Red Light – I'm struggling and I'm unsure about multiplying.
3. What are your greatest challenges and opportunities as you prepare to launch a D-Group in the upcoming season ahead?

ACTION ITEMS

1. Take some time to review your original target and inventory on pages 7-8. Reflect on the ways that God has used your D-Group to help you grow in spiritual maturity.
2. Use the D-Group Overview as a tool and invite your potential members to join your future group. You can download the overview from thebayouchurch.org/dgroups.

MULTIPLY SESSION 3: LAUNCHING A D-GROUP

How do I start?

- Who: Identify, invite, and _____ your group members.
- When: Consider the seasons of the year and determine a _____ start date that works for your members.
- Where: Decide on the best day and time each week to meet and select a location that allows for a _____ group meeting.

What's Important?

- Be _____ in the method.
- Stick to the mold as much as possible while also _____ the journey for your group.
- Introduce the weekly _____ in a way that's both challenging, yet meets your group members where they are.
- D-Groups _____ and result in disciples that make disciples.

What resources are available?

- D-Group guides, overview, reading plans, and upcoming leader gatherings can be found at **thebayouchurch.org/dgroups**.

John 13:1 (NLT) - ... *He had loved His disciples during His ministry on earth, and now He loved them to the very end.*

Discussion Questions

1. Who have you confirmed to join your D-Group and what was it like for you to invite and confirm them? What did you learn about this process that may be helpful for the future?
2. When and where are you launching? What group expectations are the most important to you and how do you plan to communicate them?
3. What resources are most important for you to utilize as you prepare to lead your D-Group?

ACTION ITEM

Using the online registration form, register your new D-Group via **thebayouchurch.org/dgroups**.

NOTES:

Discipleship Group Covenant

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 the grace-filled weekly disciplines.
- Meet weekly with my D-Group (60-90 minutes) over the course of 12-18 months. When unable, I will stay involved through sharing HEAR Journals and prayer requests.
- Contribute to a group atmosphere of confidentiality, honesty, and transparency.
- Pray weekly for the other members of my D-Group and those in my life who don't know Jesus.
- Start my own D-Group once my current group multiplies.

Signed Member

Date

HOW TO SHARE YOUR STORY

Everyone Has A Story

Every time you tell your story of how you became a follower of Jesus (your testimony), you give honor and glory to God and He is pleased with that.

Your story—regardless of how “spectacular” or “ordinary” you think it is—is a story about God’s character and love. It is your eyewitness account of how God rescued you from sin and death through Christ and changed your life as a result.

Your Story Matters

When you share your story with others, you help them get to know what God is like and what He can do. Whether you are in line at the store, sitting with a family member over dinner, or standing in front of a group of people at work, the Bible calls you to “always be ready” to explain your hope in Christ with gentleness and respect. (1 Peter 3:15)

Prepare Your Story

There are five basic parts to telling your story: the opening, your life before Christ, how you came to Christ, your life after Christ, and the closing.

- 1. The Opening:** Identify a theme you can use to frame your story. What did your life revolve around that God used to help bring you to Him (e.g., relationships, your reputation, money)? Briefly illustrate how that influenced your life.
- 2. Your Life Before Christ:** Paint a picture of what your life was like before you came to Christ. Don’t dwell too much on or brag about past sins or struggles. Share only the details that relate to your theme—just enough to show your need for Christ.
- 3. How You Came to Christ:** Give the details about why and how you became a Christian. Communicate in such a way that the person you are talking with, and anyone who overhears you, can understand how they can become a Christian too. Even if your listeners are not ready for that, God could use your story and explanation of the Gospel to draw them to Himself in the future.
- 4. Your Life After Coming to Christ:** Share some of the changes that Christ has made in your life as they relate to your theme. Emphasize the changes in your character, attitude or perspective, not just the changes in behavior. Be realistic. We still struggle as Christians. Life is far from perfect. But what’s different about your life now?
- 5. The Closing:** End with a statement that summarizes your story and connects everything back to your theme. You may even want to close with a Bible verse that relates to your experience.

Helpful Hints

- Pray before you write out and share your story.
- Write the way you speak.
- Don’t be overly negative or positive. Be honest.
- Think about your listeners. Avoid overly religious terms that people may not understand.
- Keep it short. Aim to tell your story in three to five minutes.
- Memorize your story and practice telling it until it becomes natural.

Reading Plans

CHRONOLOGICAL NEW TESTAMENT READING PLAN (5 DAYS EACH WEEK)

WEEK 1

Luke 1
Luke 2
Luke 3
Luke 4
Luke 5

Memorize:

WEEK 2

Luke 6
Luke 7
Luke 8
Luke 9
Luke 10

Memorize:

WEEK 3

Luke 11
Luke 12
Luke 13
Luke 14
Luke 15

Memorize:

WEEK 4

Luke 16
Luke 17
Luke 18
Luke 19
Luke 20

Memorize:

WEEK 5

Luke 21
Luke 22
Luke 23
Luke 24
Acts 1

Memorize:

WEEK 6

Acts 2
Acts 3
Acts 4
Acts 5
Acts 6

Memorize:

WEEK 7

Acts 7
Acts 8
Acts 9
Acts 10
Acts 11

Memorize:

WEEK 8

Acts 12
Acts 13
Acts 14
James 1
James 2

Memorize:

WEEK 9

James 3
James 4
James 5
Acts 15
Acts 16

Memorize:

WEEK 10

Galatians 1
Galatians 2
Galatians 3
Galatians 4
Galatians 5

Memorize:

WEEK 11

Galatians 6
Acts 17
Acts 18
1 Thessalonians 1
1 Thessalonians 2

Memorize:

WEEK 12

1 Thessalonians 3
1 Thessalonians 4
1 Thessalonians 5
2 Thessalonians 1
2 Thessalonians 2

Memorize:

WEEK 13

2 Thessalonians 3
Acts 19
1 Corinthians 1
1 Corinthians 2
1 Corinthians 3

Memorize:

WEEK 14

1 Corinthians 4
1 Corinthians 5
1 Corinthians 6
1 Corinthians 7
1 Corinthians 8

Memorize:

WEEK 15

1 Corinthians 9
1 Corinthians 10
1 Corinthians 11
1 Corinthians 12
1 Corinthians 13

Memorize:

WEEK 16

1 Corinthians 14
1 Corinthians 15
1 Corinthians 16
2 Corinthians 1
2 Corinthians 2

Memorize:

WEEK 17

2 Corinthians 3
2 Corinthians 4
2 Corinthians 5
2 Corinthians 6
2 Corinthians 7

Memorize:

WEEK 18

2 Corinthians 8
2 Corinthians 9
2 Corinthians 10
2 Corinthians 11
2 Corinthians 12

Memorize:

WEEK 19

2 Corinthians 13
Mark 1
Mark 2
Mark 3
Mark 4

Memorize:

WEEK 20

Mark 5
Mark 6
Mark 7
Mark 8
Mark 9

Memorize:

WEEK 21

Mark 10
Mark 11
Mark 12
Mark 13
Mark 14

Memorize:

WEEK 22

Mark 15
Mark 16
Romans 1
Romans 2
Romans 3

Memorize:

WEEK 23

Romans 4
Romans 5
Romans 6
Romans 7
Romans 8

Memorize:

WEEK 24

Romans 9
Romans 10
Romans 11
Romans 12
Romans 13

Memorize:

WEEK 25

Romans 14
Romans 15
Romans 16
Acts 20
Acts 21

Memorize:

WEEK 31

Hebrews 4
Hebrews 5
Hebrews 6
Hebrews 7
Hebrews 8

Memorize:

WEEK 37

2 Peter 3
John 1
John 2
John 3
John 4

Memorize:

WEEK 43

Revelation 1
Revelation 2
Revelation 3
Revelation 4
Revelation 5

Memorize:

WEEK 49

Matthew 9
Matthew 10
Matthew 11
Matthew 12
Matthew 13

Memorize:

WEEK 26

Acts 22
Acts 23
Acts 24
Acts 25
Acts 26

Memorize:

WEEK 32

Hebrews 9
Hebrews 10
Hebrews 11
Hebrews 12
Hebrews 13

Memorize:

WEEK 38

John 5
John 6
John 7
John 8
John 9

Memorize:

WEEK 44

Revelation 6
Revelation 7
Revelation 8
Revelation 9
Revelation 10

Memorize:

WEEK 50

Matthew 14
Matthew 15
Matthew 16
Matthew 17
Matthew 18

Memorize:

WEEK 27

Acts 27
Acts 28
Colossians 1
Colossians 2
Colossians 3

Memorize:

WEEK 33

1 Timothy 1
1 Timothy 2
1 Timothy 3
1 Timothy 4
1 Timothy 5

Memorize:

WEEK 39

John 10
John 11
John 12
John 13
John 14

Memorize:

WEEK 45

Revelation 11
Revelation 12
Revelation 13
Revelation 14
Revelation 15

Memorize:

WEEK 51

Matthew 19
Matthew 20
Matthew 21
Matthew 22
Matthew 23

Memorize:

WEEK 28

Colossians 4
Ephesians 1
Ephesians 2
Ephesians 3
Ephesians 4

Memorize:

WEEK 34

1 Timothy 6
2 Timothy 1
2 Timothy 2
2 Timothy 3
2 Timothy 4

Memorize:

WEEK 40

John 15
John 16
John 17
John 18
John 19

Memorize:

WEEK 46

Revelation 16
Revelation 17
Revelation 18
Revelation 19
Revelation 20

Memorize:

WEEK 52

Matthew 24
Matthew 25
Matthew 26
Matthew 27
Matthew 28

Memorize:

WEEK 29

Ephesians 5
Ephesians 6
Philippians 1
Philippians 2
Philippians 3

Memorize:

WEEK 35

Titus 1
Titus 2
Titus 3
1 Peter 1
1 Peter 2

Memorize:

WEEK 41

John 20
John 21
1 John 1
1 John 2
1 John 3

Memorize:

WEEK 47

Revelation 21
Revelation 22
Matthew 1
Matthew 2
Matthew 3

Memorize:

WEEK 30

Philippians 4
Philemon
Hebrews 1
Hebrews 2
Hebrews 3

Memorize:

WEEK 36

1 Peter 3
1 Peter 4
1 Peter 5
2 Peter 1
2 Peter 2

Memorize:

WEEK 42

1 John 4
1 John 5
2 John
3 John
Jude

Memorize:

WEEK 48

Matthew 4
Matthew 5
Matthew 6
Matthew 7
Matthew 8

Memorize:

WEEK 1

Genesis 1-2; Psalm 19; *Mark 1*
 Genesis 3-5; *Mark 2*
 Genesis 6-8; Psalm 104; *Mark 3*
 Genesis 9-11; *Mark 4*
 Genesis 12-15; Psalm 148; *Mark 5*

WEEK 2

Genesis 16-18; *Mark 6*
 Genesis 19-20; Psalm 1; *Mark 7*
 Genesis 21-23; Psalm 107; *Mark 8*
 Genesis 24-25; Psalm 4; *Mark 9*
 Genesis 26-27; *Mark 10*

WEEK 3

Genesis 28-29; *Mark 11*
 Genesis 30-31; Psalm 11; *Mark 12*
 Genesis 32-34; Psalm 145; *Mark 13*
 Genesis 35-37; Psalm 12; *Mark 14*
 Genesis 38-40; *Mark 15*

WEEK 4

Genesis 41-42; *Mark 16*
 Genesis 43-44; Psalm 24; *Galatians 1*
 Genesis 45-46; Psalm 108; *Galatians 2*
 Genesis 47-48; Psalm 25; *Galatians 3*
 Genesis 49-50; *Galatians 4*

WEEK 5

Exodus 1-3; *Galatians 5*
 Exodus 4-6; *Galatians 6*
 Exodus 7-9; Psalm 105; *Ephesians 1*
 Exodus 10-12; *Ephesians 2*
 Exodus 13-15; Psalm 114; *Ephesians 3*

WEEK 6

Exodus 16-18; *Ephesians 4*
 Exodus 19-21; Psalm 33; *Ephesians 5*
 Exodus 22-24; Psalm 109; *Ephesians 6*
 Exodus 25-27; Psalm 90; *Philippians 1*
 Exodus 28-31; *Philippians 2*

WEEK 7

Exodus 32-34; *Philippians 3*
 Exodus 35-37; Psalm 26; *Philippians 4*
 Exodus 38-40; *Hebrews 1*
 Leviticus 1-3; Psalm 27; *Hebrews 2*
 Leviticus 4-7; *Hebrews 3*

WEEK 8

Leviticus 8-11; Psalm 110; *Hebrews 4*
 Leviticus 12-14; Psalm 111; *Hebrews 5*
 Leviticus 15-18; Psalm 31; *Hebrews 6*
 Leviticus 19-20; *Hebrews 7*
 Leviticus 21-23; *Hebrews 8*

WEEK 9

Leviticus 24-25; Psalm 81; *Hebrews 9*
 Leviticus 26-27; Psalm 112; *Hebrews 10*
 Numbers 1-2; Psalm 64; *Hebrews 11*
 Numbers 3-5; *Hebrews 12*
 Numbers 6-7; *Hebrews 13*

WEEK 10

Numbers 8-11; *Colossians 1*
 Numbers 12-14; Psalm 28;
Colossians 2
 Numbers 15-18; Psalm 113;
Colossians 3
 Numbers 19-21; *Colossians 4*
 Numbers 22-25; *Luke 1*

WEEK 11

Numbers 26-29; *Luke 2*
 Numbers 30-33; Psalm 35; *Luke 3*
 Numbers 34-36; *Luke 4*
 Deuteronomy 1-3; Psalm 36; *Luke 5*
 Deuteronomy 4-5; *Luke 6*

WEEK 12

Deuteronomy 6-9; *Luke 7*
 Deuteronomy 10-14; Psalm 5; *Luke 8*
 Deuteronomy 15-18; Psalm 115; *Luke 9*
 Deuteronomy 19-22; Psalm 6; *Luke 10*
 Deuteronomy 23-26; *Luke 11*

WEEK 13

Deuteronomy 27-31; *Luke 12*
 Deuteronomy 32-34; Psalm 13;
Luke 13
 Joshua 1-4; Psalm 143; *Luke 14*
 Joshua 5-8; Psalm 14; *Luke 15*
 Joshua 9-13; *Luke 16*

WEEK 14

Joshua 14-17; *Luke 17*
 Joshua 18-21; Psalm 15; *Luke 18*
 Joshua 22-24; Psalm 116; *Luke 19*
 Judges 1-3; Psalm 16; *Luke 20*
 Judges 4-6; *Luke 21*

WEEK 15

Judges 7-8; *Luke 22*
 Judges 9-11; Psalm 17; *Luke 23*
 Judges 12-16; Psalm 146; *Luke 24*
 Judges 17-18; Psalm 21; *Acts 1*
 Judges 19-21; *Acts 2*

WEEK 16

Ruth 1-2; *Acts 3*
 Ruth 3-4; Psalm 37; *Acts 4*
 1 Samuel 1-2; Psalm 120; *Acts 5*
 1 Samuel 3-5; Psalm 23; *Acts 6*
 1 Samuel 6-8; *Acts 7*

WEEK 17

1 Samuel 9-10; *Acts 8*
 1 Samuel 11-13; Psalm 38; *Acts 9*
 1 Samuel 14; Psalm 124; *Acts 10*
 1 Samuel 15-16; 1 Chronicles 1;
 Psalm 39; *Acts 11*
 1 Samuel 17; 1 Chronicles 2; *Acts 12*

WEEK 18

1 Samuel 18-19; 1 Chronicles 3;
 Psalm 59; *Acts 13*
 1 Samuel 20; 1 Chronicles 4;
 Psalm 56-57, Psalm 142; *Acts 14*
 1 Samuel 21-22; 1 Chronicles 5; Psalm
 52; *Acts 15*
 1 Samuel 23-24; 1 Chronicles 6;
 Psalm 54; *Acts 16*
 1 Samuel 25; 1 Chronicles 7; *Acts 17*

WEEK 19

1 Samuel 26-27; 1 Chronicles 8; *Acts 18*
 1 Samuel 28-29; 1 Chronicles 9; *Acts 19*
 1 Samuel 30-31; 1 Chronicles 10; *Acts 20*
 2 Samuel 1-2; 1 Chronicles 11; Psalm 96,
 Psalm 106; *Acts 21*
 2 Samuel 3-5; 1 Chronicles 12;
 Psalm 122; *Acts 22*

WEEK 20

2 Samuel 6; 1 Chronicles 13; Psalm 60;
Acts 23
 1 Chronicles 14-16; *Acts 24*
 2 Samuel 7-8; 1 Chronicles 17;
 Psalm 132; *Acts 25*
 2 Samuel 9-10; 1 Chronicles 18-19;
 Psalm 89; *Acts 26*
 1 Samuel 11-12; 1 Chronicles 20;
 Psalm 51, Psalm 32; *Acts 27*

WEEK 21

2 Samuel 13-14; Acts 28
 2 Samuel 15-17; Psalm 60; *Romans 1*
 2 Samuel 18-20; Psalm 34; *Romans 2*
 2 Samuel 21-23; Psalm 18; *Romans 3*
 2 Samuel 24; 1 Chronicles 21;
Romans 4

WEEK 22

1 Chronicles 22-25; Psalm 78;
Romans 5
 1 Kings 1; 1 Chronicles 26-28;
Romans 6
 1 Kings 2; 1 Chronicles 29; *Romans 7*
 1 Kings 3; 2 Chronicles 1; Psalm 42;
Romans 8
 1 Kings 4; Proverbs 1-2; Psalm 43;
Romans 9

WEEK 23

Proverbs 3-5; *Romans 10*
 Proverbs 6-7; Psalm 7; *Romans 11*
 Proverbs 8-10; Psalm 144; *Romans 12*
 Proverbs 11-13; Psalm 8; *Romans 13*
 Proverbs 14-15; *Romans 14*

WEEK 24

Proverbs 16-18; *Romans 15*
 Proverbs 19-21; Psalm 40; *Romans 16*
 Proverbs 22-23; Psalm 117;
1 Thessalonians 1
 Proverbs 24-25; Psalm 41;
1 Thessalonians 2
 Proverbs 26-28; *1 Thessalonians 3*

WEEK 25

Proverbs 29-31; *1 Thessalonians 4*
 Song of Solomon 1-3; Psalm 72;
1 Thessalonians 5
 Song of Solomon 4-6; 2
Thessalonians 1
 Song of Solomon 7-8; Psalm 127;
2 Thessalonians 2
 1 Kings 5; 2 Chronicles 2;
2 Thessalonians 3

WEEK 26

1 Kings 6; 2 Chronicles 3;
1 Timothy 1
 1 Kings 7; 2 Chronicles 4; Psalm 44;
1 Timothy 2
 1 Kings 8; Psalm 30; *1 Timothy 3*
 2 Chronicles 5-7; Psalm 121;
1 Timothy 4
 1 Kings 9; 2 Chronicles 8;
1 Timothy 5

WEEK 27

1 Kings 10-11; 2 Chronicles 9;
1 Timothy 6
 Ecclesiastes 1-3; Psalm 45;
2 Timothy 1
 Ecclesiastes 4-6; Psalm 125;
2 Timothy 2
 Ecclesiastes 7-9; Psalm 46;
2 Timothy 3
 Ecclesiastes 10-12; *2 Timothy 4*

WEEK 28

1 Kings 12; 2 Chronicles 10-11; *Titus 1*
 1 Kings 13-14; 2 Chronicles 12; Psalm
 47; *Titus 2*
 1 Kings 15; 2 Chronicles 13-14; *Titus 3*
 2 Chronicles 15-16; 1 Kings 16;
Philemon
 1 Kings 17-18; Psalm 119; *Jude*

WEEK 29

1 Kings 19-21; 2 Chronicles 17; Psalm
 129; *Matthew 1*
 1 Kings 22; 2 Chronicles 18;
Matthew 2
 2 Chronicles 19-20; 2 Kings 1;
 Psalm 20; *Matthew 3*
 2 Kings 2-3; Psalm 48; *Matthew 4*
 2 Kings 4-6; *Matthew 5*

WEEK 30

2 Kings 7-8; 2 Chronicles 21;
Matthew 6
 2 Kings 9-10; Psalm 49;
Matthew 7
 2 Chronicles 22-23; 2 Kings 11;
 Psalm 131; *Matthew 8*
 2 Chronicles 24; 2 Kings 12;
 Psalm 50; *Matthew 9*
 Joel; *Matthew 10*

WEEK 31

Jonah; *Matthew 11*
 2 Kings 13-14; 2 Chronicles 25;
 Psalm 53; *Matthew 12*
 Amos 1-3; *Matthew 13*
 Amos 4-6; Psalm 55; *Matthew 14*
 Amos 7-9; *Matthew 15*

WEEK 32

Hosea 1-3; *Matthew 16*
 Hosea 4-6; Psalm 58; *Matthew 17*
 Hosea 7-10; *Matthew 18*
 Hosea 11-13; *Matthew 19*
 Hosea 14; 2 Chronicles 26-27;
 Psalm 61; *Matthew 20*

WEEK 33

2 Kings 15-16; *Matthew 21*
 Isaiah 1-3; Psalm 9; *Matthew 22*
 Isaiah 4-6; *Matthew 23*
 Micah 1-4; Psalm 10; *Matthew 24*
 Micah 5-7; *Matthew 25*

WEEK 34

Isaiah 7-10; Psalm 22; *Matthew 26*
 Isaiah 11-13; Psalm 118; *Matthew 27*
 Isaiah 14-16; *Matthew 28*
 Isaiah 17-19; Psalm 62; *1 Corinthians 1*
 Isaiah 20-22; *1 Corinthians 2*

WEEK 35

Isaiah 23-25; *1 Corinthians 3*
 Isaiah 26-29; Psalm 65;
1 Corinthians 4
 Isaiah 30-32; *1 Corinthians 5*
 Isaiah 33-35; *1 Corinthians 6*
 2 Chronicles 28; 2 Kings 17;
 Psalm 66; *1 Corinthians 7*

WEEK 36

2 Chronicles 29-31; *1 Corinthians 8*
 2 Kings 18-19; 2 Chronicles 32;
 Psalm 67; *1 Corinthians 9*
 Isaiah 36-37; Psalm 123;
1 Corinthians 10
 2 Kings 20; Isaiah 38-40;
 Psalm 68; *1 Corinthians 11*
 Isaiah 41-44; *1 Corinthians 12*

WEEK 37

Isaiah 45-48; *1 Corinthians 13*
 Isaiah 49-52; Psalm 69;
1 Corinthians 14
 Isaiah 53-55; Psalm 128;
1 Corinthians 15
 Isaiah 56-59; Psalm 70;
1 Corinthians 16
 Isaiah 60-63; *2 Corinthians 1*

WEEK 38

Isaiah 64-66; *2 Corinthians 2*
 2 Kings 21; 2 Chronicles 33; Psalm
 71; *2 Corinthians 3*
 Nahum; Psalm 149;
2 Corinthians 4
 2 Kings 22-23; Psalm 73;
2 Corinthians 5
 2 Chronicles 34-35;
2 Corinthians 6

WEEK 39

Habakkuk; *2 Corinthians 7*
 Zephaniah; Psalm 74;
2 Corinthians 8
 Jeremiah 1-4; Psalm 130;
2 Corinthians 9
 Jeremiah 5-7; Psalm 75;
2 Corinthians 10
 Jeremiah 8-10; *2 Corinthians 11*

WEEK 40

Jeremiah 11-13; *2 Corinthians 12*
 Jeremiah 14-16; Psalm 76;
2 Corinthians 13
 Jeremiah 17-20; *James 1*
 Jeremiah 22-23, Jeremiah 26;
 Psalm 77; *James 2*
 Jeremiah 25, Jeremiah 35-36,
 Jeremiah 45; Psalm 133; *James 3*

WEEK 41

Jeremiah 27-29, Jeremiah 24;
James 4
 Jeremiah 37, Jeremiah 21,
 Jeremiah 34; Psalm 79; *James 5*
 Jeremiah 30-33; *1 Peter 1*
 Jeremiah 38-39, Jeremiah 52;
1 Peter 2
 2 Kings 24-25; 2 Chronicles 36;
 Psalm 126; *1 Peter 3*

WEEK 42

Lamentations; Psalm 137;
1 Peter 4
 Obadiah; Jeremiah 40-42;
 Psalm 147; *1 Peter 5*
 Jeremiah 43-44, Jeremiah 46;
2 Peter 1
 Jeremiah 47-49; Psalm 80;
2 Peter 2
 Jeremiah 50-51; *2 Peter 3*

WEEK 43

Ezekiel 1-3; *John 1*
 Ezekiel 4-6; Psalm 82; *John 2*
 Ezekiel 7-9; *John 3*
 Ezekiel 10-12; Psalm 83; *John 4*
 Ezekiel 13-15; Psalm 136; *John 5*

WEEK 44

Ezekiel 16-18; *John 6*
 Ezekiel 19-21; Psalm 84; *John 7*
 Ezekiel 22-24; Psalm 134; *John 8*
 Ezekiel 25-27; Psalm 85; *John 9*
 Ezekiel 28-30; *John 10*

WEEK 45

Ezekiel 31-33; *John 11*
 Ezekiel 34-36; Psalm 86; *John 12*
 Ezekiel 37-39; Psalm 87; *John 13*
 Ezekiel 40-42; *John 14*
 Ezekiel 43-45; Psalm 135; *John 15*

WEEK 46

Ezekiel 46-48; *John 16*
 Daniel 1-3; Psalm 88; *John 17*
 Daniel 4-6; *John 18*
 Daniel 7-9; Psalm 91; *John 19*
 Daniel 10-12; *John 20*

WEEK 47

Ezra 1-2; *John 21*
 Ezra 3-4; Psalm 92; *1 John 1*
 Haggai; Zechariah 1; Psalm 138;
1 John 2
 Zechariah 2-5; Psalm 93; *1 John 3*
 Zechariah 6-8; *1 John 4*

WEEK 48

Zechariah 9-11; *1 John 5*
 Zechariah 12-14; Psalm 94; *2 John*
 Ezra 5-6; Psalm 95; *3 John*
 Esther 1-3; Psalm 139; *Revelation 1*
 Esther 4-6; *Revelation 2*

WEEK 49

Esther 7-10; *Revelation 3*
 Ezra 7-10; Psalm 97; *Revelation 4*
 Nehemiah 1-3; *Revelation 5*
 Nehemiah 4-6; Psalm 98;
Revelation 6
 Nehemiah 7-9; Psalm 140;
Revelation 7

WEEK 50

Nehemiah 10-13; *Revelation 8*
 Malachi; Psalm 2; *Revelation 9*
 Job 1-3; Psalm 29; *Revelation 10*
 Job 4-7; Psalm 99; *Revelation 11*
 Job 8-11; *Revelation 12*

WEEK 51

Job 12-14; Psalm 100;
Revelation 13
 Job 15-17; *Revelation 14*
 Job 18-20; Psalm 141;
Revelation 15
 Job 21-23; Psalm 101;
Revelation 16
 Job 24-27; *Revelation 17*

WEEK 52

Job 28-30; *Revelation 18*
 Job 31-33; Psalm 102;
Revelation 19
 Job 34-36; *Revelation 20*
 Job 37-39; Psalm 103;
Revelation 21
 Job 40-42; Psalm 150;
Revelation 22

Reading Plans

MAJOR TOPICS OF THE BIBLE READING PLAN (5 DAYS EACH WEEK)

WEEK 1 TOPIC:

Daily time with God

Mark 1:35 | The example of Jesus
Psalm 1:1-2 | Delight in God's laws
Psalm 46:10 | Be still
Matthew 4:4 | Live by God's Word
Psalm 5:3 | The example of David

Memorize:

WEEK 2 TOPIC: The Gospel

Psalm 33:6-9, Psalm 24:1,
Deuteronomy 32:4 | God is creator and owner and judge
Ephesians 2:1-3 | The consequences of our sin
Ephesians 2:4-5 | But God sent Jesus
Romans 3:21-28 | Made right by faith, not keeping the law
Romans 8:1, John 17:3, 2 Corinthians 5:21, John 3:16
| Summaries of the Gospel

Memorize:

WEEK 3 TOPIC:

Saved by faith, not by works

Ephesians 2:8-9 | Saved by grace, not works
Galatians 2:11-3:14 | Made right by faith, not obeying the law
James 2:14-26 | The proper place for works
Genesis 22 | Abraham's faith tested
Romans 4 | The faith of Abraham explained

Memorize:

WEEK 4 TOPIC:

Assurance of salvation

1 John 5:11-13 | We can know we're Christians
John 1:12-13 | Based on the work of Christ
John 10:28-29 | No one can snatch us from Jesus
Romans 8:16 | The witness of the Holy Spirit
Romans 8:38-39 | Nothing can separate us from God's love

Memorize:

WEEK 5 TOPIC:

Identity in Christ

2 Corinthians 5:17 | I am a new creation
Romans 12:2 | Renew your mind
Galatians 2:20 | Christ lives in me
Romans 8:14-18 | Adopted heirs
Ephesians 2:10 | God's masterpiece

Memorize:

WEEK 6 TOPIC:

Memorizing scripture

Psalm 119:11, Psalm 119:1-18
| Hiding God's Word in our heart and the value of His commands
Deuteronomy 6:6-8 | Surround yourself with God's commands
Joshua 1:6-9 | Study, meditate, obey, then prosper
Matthew 4:1-11 | "The Scriptures say..."
Psalm 40:8 | The joy and inscription of His will

Memorize:

WEEK 7 TOPIC: Prayer

Philippians 4:6-7 | Worry less, pray more, and experience God's peace
Matthew 7:7-11, Luke 18:1-8
| Keep asking, seeking, knocking
James 5:16 | Prayer is effective
Hebrews 4:16 | Prayer enters us into God's throne room
Ephesians 6:18 | Pray all the time and about everything

Memorize:

WEEK 8 TOPIC: The Bible

2 Timothy 3:16-17, 2 Peter 1:20-21 | Inspiration & source of the Bible
Hebrews 4:12 | God's Word is alive and powerful
Psalm 19:7-11 | How beneficial God's Word is
James 1:22-25 | Obey God's Word
Acts 17:10-12 | Verify yourself through God's Word

Memorize:

WEEK 9 TOPIC:

Relationship over religion

John 1:14, John 10:10, John 17:3 | God showed up in person, came to bring us life and knowing Him is the path to eternal life
Matthew 22:37-38,
Deuteronomy 6:4-5 | What God wants more than anything is our love
Hosea 6:6, 1 Samuel 15:22,
Isaiah 1:10-20, Matthew 9:13,
Mark 12:33-34 | God desires love more than sacrifices
John 14:15, John 14:21, John 14:23, John 15:10, 1 John 2:3-6,
1 John 3:24, 1 John 5:3 | The connection between love and obedience
1 Peter 5:7, Psalm 55:2,
Hebrews 13:5 | How much He cares for us

Memorize:

WEEK 10 TOPIC:

Loving others

Matthew 22:39-40, Romans 13:8-10 | The entire requirements of the Bible fulfilled by this one thing
1 Corinthians 13 | Love defined
1 John 4:7-12, 1 John 4:19-21
| Can't love God and hate others
Matthew 5:43-48 | Love even your enemies
John 13:34-35 | Others will know we are His by our love

Memorize:

WEEK 11 TOPIC:

Find community

Acts 2:42-47 | The first Christians immediately form a community
Hebrews 10:24-25 | Don't ever quit gathering
Ephesians 4:2-6, 4:16 | We are one body
2 Corinthians 1:4, Romans 1:12, Proverbs 27:17 | Comfort, encourage and sharpen one another
Ecclesiastes 4:9-10 | Two are better than one

Memorize:

WEEK 12 TOPIC:

Make a difference

Ephesians 2:10 | Created anew to do good works
1 Timothy 6:17-19 | Be rich in good works
James 2:14-26 | Faith without works is dead
Matthew 25:31-46 | What's done for the least is done for the Lord
Matthew 5:13-16 | Let your good deeds point people to God

Memorize:

WEEK 13 TOPIC: Testimony

1 Peter 3:15-16, Colossians 4:6 | Always be ready to give an answer with grace and gentleness
Acts 26:1-23 | Paul's testimony and structure
John 9:25 | All I know is, I was this and now I'm this
2 Corinthians 4:13 | I believed so I spoke
1 John 1:3 | Just share what you've experienced

Memorize:

WEEK 14 TOPIC: Evangelism

Luke 19:10, John 20:21,
Matthew 28:18-20, Acts 1:8
| Jesus' mission is our mission
Luke 15:1-7 | Leave the 99 for the 1
1 Peter 3:15-16 | Always be ready to talk about your faith
2 Corinthians 5:11, 2 Corinthians 5:17-21 | Working hard to persuade others as Christ's ambassadors
Romans 10:9-15 | Beautiful feet

Memorize:

Reading Plans

MAJOR TOPICS OF THE BIBLE READING PLAN (5 DAYS EACH WEEK)

WEEK 15 TOPIC: Generosity

1 Chronicles 29:13-14, James 1:17, 2 Corinthians 8:1-9

| Everything we have is from God / The privilege of giving and the generosity of Jesus

Proverbs 3:9-10, 11:24-25, Malachi 3:10, 2 Corinthians 9:6-11, Luke 6:38 | The rewards of being generous

Matthew 6:19-21, 1 Timothy 6:17-19 | Don't trust in money / Be rich in good works

Matthew 19:16-30 | The rich man and Jesus

Mark 12:41-44 | The widow and her two coins

Memorize:

WEEK 16 TOPIC: Holy Spirit

Ezekiel 36:26-27, John 14:16-17, John 16:5-15 | The promise of His spirit

Acts 2:1-41 | The Holy Spirit comes

Romans 8:1-17, Galatians 5:16-26 | Living by the Holy Spirit's power

1 Corinthians 3:16-17, 1 Corinthians 6:19-20, 2 Corinthians 6:14-18 | We are God's temple

John 14:26, John 16:13, 2 Corinthians 3:17, Romans 8:26, Romans 15:13 | Benefits of the Holy Spirit

Memorize:

WEEK 17 TOPIC: Know your enemy

Ephesians 6:12, John 8:44, 1 Peter 5:8-9, John 10:10a | Our enemy

Matthew 4:1-11 | How to defeat the enemy with scripture

Ephesians 6:10-18 | Armor of God

2 Corinthians 10:3-5 | Our weapons

1 John 4:4 | We've already won

Memorize:

WEEK 18 TOPIC: Sin

Genesis 3 | Origins of sin

Romans 5:12-21 | Adam & Jesus

Romans 3:23, Romans 7:14-25, 1 John 1:8-10 | Our sinful nature

1 Corinthians 10:13, 1 Corinthians 15:56-57 | How to avoid and beat sin

Colossians 3:5-10, Ephesians 4:17-31 | Put sin to death

Memorize:

WEEK 19 TOPIC: Forgiveness

1 John 1:8-9, Psalm 103:12 | God is faithful to forgive

Ephesians 1:7-8, Colossians 1:13-14 | Jesus purchased our forgiveness

Psalm 32 | The joy of the forgiven

Proverbs 17:9, Ephesians 4:32, Colossians 3:13, Matthew 5:23-24, Matthew 6:12, Matthew 6:14-15

| Forgiving others

Matthew 18:21-35 | How many times should we forgive?

Memorize:

WEEK 20 TOPIC: Suffering

Romans 8:18, Romans 8:35, 2 Corinthians 4:16-18 | The coming reward is far greater than the current suffering

1 Peter 3:13-18, 1 Peter 4:1, 1 Peter 4:12-19 | Suffering for doing good, like Christ

John 9:1-5 | Man born blind for God's glory

Genesis 50:20, Romans 8:28 | God takes the bad and uses it for good

John 16:33, James 1:2-4, Romans 5:3-5 | Peace and joy in suffering

Memorize:

WEEK 21 TOPIC: Faith

Hebrews 11:1, Hebrews 1:6 | The necessity of faith

Hebrews 11:7 | Noah's faith

Hebrews 11:13-16 | Trusting God even when things don't work out as planned

Hebrews 11:17-19, Romans 4:20-21 | Abraham's faith

Matthew 17:20, Matthew 21:21-22 | The power of a little faith

Memorize:

WEEK 22 TOPIC: Humility

Micah 6:8 | Walk in humility

Proverbs 3:34, Proverbs 11:2, Proverbs 15:33, Proverbs 18:12, Proverbs 22:4,

Proverbs 29:23, Psalm 18:27, Psalm 69:32, Psalm 138:6, Psalm 147:6, Psalm 149:4

| Humility

Luke 14:7-14 | Jesus teaches on humility

Philippians 2:3-11 | Jesus as our model of humility

Matthew 20:20-28 | Be last to be first

Memorize:

WEEK 23 TOPIC: Second coming of Christ

John 14:1-6 | He will come to get us

1 Thessalonians 4:13-18 | The hope of the resurrection

1 Thessalonians 5:1-11 | When 2 Peter 3:1-5 | It seems like a long time

Matthew 24:30-44 | Be ready

Memorize:

WEEK 24 TOPIC: World vision

Matthew 9:35-38 | Pray for workers

Matthew 28:19-20 | Jesus' command to go make disciples

Acts 1:8 | Locally, nationally, internationally

Romans 1:16 | Our power of our message

John 14:6 | The only way to be saved

Memorize:

WEEK 25 TOPIC: Perseverance

Galatians 6:9 | Don't give up

Hebrews 12:1-4 | Persevere by focusing on Jesus

Philippians 1:6 | God will finish what He started

Hebrews 10:23-25 | Hold on and encourage others as well

James 1:12 | God blesses us when we endure

Memorize:

WEEK 26 TOPIC: Use time wisely

Ephesians 5:15-20 | Make the most of every opportunity

Psalm 90:10-12 | Life is brief

Ecclesiastes 3:1-13 | A time for everything

James 4:13-17 | If the Lord wills it

Romans 13:8-14 | Time is running out

Memorize:

WEEK 27 TOPIC: Discovering God's will

Psalm 119:105 | Direction through God's Word

Proverbs 15:22 | Obtaining godly counsel

John 16:13 | The Holy Spirit's guidance

Romans 12:1-2 | God's will is good, pleasing, perfect

Proverbs 3:5-6 | Trust leads to straight paths

Memorize:

NOTES:

PARTICIPANT'S GUIDE ANSWER KEY

MULTIPLY SESSION 1

Page 21: Maturity; Intimately; Intentionally; Purposefully; Relationally; Spread; commanded; maturity; don't

Page 22: gender-specific; believers; spiritual disciplines; discipleship relationships; Faithful; Available; Intentional; Teachable; Humble

MULTIPLY SESSION 2

Page 23: Scripture; experience; realistic; sustainable; spiritual disciplines; Bible Reading; HEAR Journals; Scripture Memory; Prayer; Accountability; Who's Your One?; RESET; curriculum; engaging; journaling; Highlight; Explain; Apply; Respond; meditate; share

Page 24: Intimate; plan; reset; intentionally; encouraged; accountable; Rescued; reach; sharing

MULTIPLY SESSION 3

Page 25: confirm, realistic; private; confident; customizing; disciplines; multiply



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