

Group/Family Disciple-Making Outline

Contact Info / Questions?

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Gathering together as a group or family to discuss God's Word, pray, and be accountable to one another is a primary focus of disciple-making. Together you will train yourselves for godliness (1 Timothy 4:78) and become disciplined-learners and followers of Christ.

Five weekly disciplines will be developed:

1. Accountability
2. Bible Reading
3. HEAR Journaling (see attached documents)
4. Prayer
5. Scripture Memorization

First, as a group or family, decide on a reading, memorization, and journaling plan. You can use a suggested plan provided by the church or another resource. Perhaps you will read 2 chapters per week, memorize 1 verse and do 1 HEAR journal. Decide as a group or family what works best for you.

Second, decide on a specific day and time when you will gather together as a group/family every week for a time of discussion, prayer, and accountability. Be consistent. Keep the same schedule (as much as possible) every week. Consistency is key.

Third, begin the plan. Start reading, journaling, and memorizing. Try your best to develop a discipline throughout the week, rather than cramming it all in at once. The ultimate goal is consistent, disciplined time with the Lord and His Word.

Finally, gather together. On the day and time you decided, come together as a group or family. Below is a sample outline to follow to help structure your time together and to highlight the important aspects of your meeting.

Your Meeting Time

Fellowship (10-15 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 or "highlight" and "challenge"
- This is the time of the meeting to genuinely show interest and value in each member and not just jumping into scripture memory for example. This time is a great primer to invite vulnerability and honesty of each member in the meeting later on.

Opening Prayer (5-10 minutes)

- Always start and end in prayer.
- Invite the Holy Spirit. Ask for God to reveal His Word and His nature while you meet
- His Word is the very breath of God, breathing all of His love, wisdom, grace, mercy and divine inspiration into our lives and others we encounter daily.
- When we start and end in prayer, we're submitting in humility to God and showing the sacredness of His Word and our precious time together.

Scripture Memory (5-10 minutes)

- Take turns reciting the verse you memorized this week
- After everyone has had a turn, discuss the 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 HEAR Journals (25-35 minutes)

- Take turns sharing a HEAR journal that you wrote this week. If someone has more than one HEAR journal, ask them to share the one that was highlighted the most or the one that they really want to apply this week.
- Encourage others to briefly share their thoughts on the HEAR journal being shared.

Accountability (10-20 minutes)

- Take time to lovingly inspect and hold one another accountable.
- Ask, "How did you do at applying your HEAR journal last week?"
- Ask other relevant questions to your members (see suggestions)

Prayer (5-10 minutes)

- Finish the time by having each person share something specific and personal that the group can pray for, such as the application from their journals or praying for the "challenge" or "low" that they shared earlier.

Other Notes / Suggestions

- Remember the goal of your time with the Lord and His Word is transformation, not transfer of information. Only God's grace and the Holy Spirit provide transformation. We cannot work ourselves into discipline. We need God's grace.
- You can alter the order of your meeting to your group's preference, but you are encouraged to not omit any part of it. The largest portion of your meeting time will be discussing your HEAR journals. Please provide ample time to do so.
- Scripture Memorization: suggest to your members to memorize the verse they highlighted in their HEAR journal
- Accountability: come up with an application for your entire group or family to follow. Remind one another throughout the week of your goal. Encourage each other to continue. Review your progress during next week's accountability time.
 - "As a family, let's serve one other family member this week"
 - "As a family, no yelling this week!"

- "As a group, let's text each other an encouraging word every day"
- As a group leader/parent, help your members or children through the HEAR journal process to properly read, understand, and apply scripture. Be wary of scripture out of context!
- You do not have to do a HEAR journal for every chapter you read, but you can! Do at least one, but decide as a group or family on your journaling routine.
- Adopt a "plus-one" mentality. If doing one HEAR journal per week is easy, do two! If two is easy, do three!
- The suggested questions from the HEAR journaling method (see attached) are not required to be answered and written. They are simply guideposts to help you think and pray through a passage of scripture as you discover context, meaning, and application.
- Other accountability questions:
 - Have you honored God and your spouse with your thoughts, words, and actions this week?
 - Have you spent quality time with your family this week?
 - 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?
 - Have you participated in anything unethical this week?
 - Have you been completely honest with your answers today?

HEAR Journaling Method

The HEAR. journaling method promotes reading the Bible with a life-transforming purpose. No longer will your focus be on checking off the boxes on your daily reading schedule; your purpose will instead be to read in order to understand and respond to God's Word.

The acronym HEAR stands for Highlight, Explain, Apply, and Respond. Each of these four steps contributes to creating an atmosphere to hear God speak. After settling on a reading plan and establishing a time for studying God's Word, you will be ready to H.E.A.R. from God.

First things first

Before reading the text, pause to sincerely ask God to speak to you. It may seem trite, but it is absolutely imperative that we seek God's guidance in order to understand His Word(1 Corinthians 2:12-14). Every time we open our Bibles, we should pray the simple prayer that David prayed: *"Open my eyes, that I may behold wondrous things out of your law (Word)"*(Psalm 119:18).

H - Highlight -- Goal: What is a verse(s) that stood out to you in your reading?

After praying for the Holy Spirit's guidance, open your notebook or journal, and at the top left-hand corner, write the letter H. This exercise will remind you to read with a purpose. In the course of your reading, one or two verses will usually stand out and speak to you. After reading the passage of Scripture, highlight each verse that speaks to you by copying it under the letter "H". Write out the following:

- The name of the book
- The passage of Scripture
- The chapter and verse numbers that especially speak to you
- A title to describe the passage
- This practice will make it easier to find the passage when you want to revisit it in the future.

E - Explain -- Goal: What is the author's intended meaning in the context of the passage?

After you have highlighted the passage, write the letter "E" under the previous entry. At this stage you will EXPLAIN what the text means. By asking some simple questions, with the help of God's Spirit, you can understand the meaning of a passage or verse and discover the context.

- Why was this written?
- To whom was it originally written?
- How does it fit with the verses before and after it?
- Why did the Holy Spirit include this passage in the book?

- What is He 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. What is important is that you are engaging the text and wrestling with its meaning.

A - Apply -- Goal: What is the principle to live by today?

After writing a short summary of what you think the text means, write the letter "A" below the letter "E". Under the "A", write the word Apply. This application is the heart of the process. Everything you have done so far culminates under this heading. As you have done before, answer a series of questions to uncover the significance of these verses to you personally, questions like:

- How can this help me?
- What does this mean today?
- What would the application of this verse look like in my life?
- What does this mean to me?
- What is God saying to me?

These questions bridge the gap between the ancient world and your world today. They provide a way for God to speak to you from the specific passage or verse. Answer these questions under the "A". Challenge yourself to write between two and five sentences about how the text applies to your life.

R - Respond -- Goal: How will I respond to the application in my relationships and/or situations this week?

Finally, below the first three entries, write the letter "R" for 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 in your giving. Keep in mind that this is your response to what you have just read.

Notice that all of the words in the H.E.A.R. 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. Instead of waiting passively, God desires that we actively pursue Him. Jesus said, *Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you* (Matthew 7:7)

Sample HEAR Journal

READ: Philippians 4:13

DATE: January 1, 2021

TITLE: Secret Of Contentment

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.



2021 Disciple Making Reading Plan

WEEK 1 / MAY 16

- James 1
- James 2

Memorize

- Matthew 4:19

WEEK 5 / JUNE 13

- 1 John 4
- 1 John 5

Memorize

- 1 Timothy 4:7-8

WEEK 9 / JULY 11

- Philippians 1
- Philippians 2

Memorize

- Mark 16:15

WEEK 2 / MAY 23

- James 3
- James 4

Memorize

- John 14:15

WEEK 6 / JUNE 20

- Ephesians 1
- Ephesians 2

Memorize

- Matthew 7:7

WEEK 10 / JULY 18

- Philippians 3
- Philippians 4

Memorize

- 2 Timothy 3:16-17

WEEK 3 / MAY 30

- James 5
- 1 John 1

Memorize

- 2 Timothy 2:15

WEEK 7 / JUNE 27

- Ephesians 3
- Ephesians 4

Memorize

- 2 Timothy 2:2

WEEK 11 / JULY 25

- Colossians 1
- Colossians 2

Memorize

- Luke 9:23-24

WEEK 4 / JUNE 6

- 1 John 2
- 1 John 3

Memorize

- Matthew 28:19-20

WEEK 8 / JULY 4

- Ephesians 5
- Ephesians 6

Memorize

- Psalm 119:11

WEEK 12 / AUGUST 1

- Colossians 3
- Colossians 4

Memorize

- John 13:34-35