

# D-GROUP ACCOUNTABILITY



## ACCOUNTABLE TO THE GROUP, ACCOUNTABLE TO GROW

The “A” in MARCS is for Accountable and this is a big part of what makes D-Groups effective. Because the group is reading on the same schedule together and meeting to discuss accountability questions, there is an inherent emphasis on applying the Word to our lives.

The Great Commission emphasizes that we “teach them to obey” all that Jesus commanded and that is what accountability helps us to do. We’ve found that when we “inspect what we expect” people will meet and exceed those expectations.

## ACCOUNTABILITY QUESTIONS

1. Have you spent time in the Word and in prayer this week?
2. Have you shared the gospel, shared your story, or taken intentional steps toward that end by building a relationship with an unbeliever this week?
3. Have you spent quality time with your family this week?
4. Have you viewed, read, or listened to anything immoral this week?
5. Have you had or have you entertained any lustful thoughts or tempting attitudes this week?
6. Have you told any lies or half-truths to put yourself in a positive light before others?
7. Have you participated in any divisive behavior that has caused relational strain or damage this week?
8. Have you lied about any of your answers today?

\*We encourage you to switch these questions up if you like, add your own, or use different ones altogether. The important thing is that the group be real with each other to encourage growth and transformation.



# D-GROUP READING PLAN

## THE WORD TRANSFORMS US

The principles of a healthy D-Group are summed up in the acronym “MARCS.” Of all these principles, Scriptural is the key. The transformation of our minds that happens when we read the Word leads to the changing of our hearts and lives. Being part of a group that is committed to the same Bible reading plan insures that transformation takes place! Over the next 12 weeks we will read these passages and HEAR Journal through them daily, sharing those journal entries via text with our D-Groups to hold us accountable to follow the plan.

## THE READING PLAN

WEEK 1		WEEK 4		WEEK 7		WEEK 10	
Mon.	Luke 1	Mon.	Luke 16	Mon.	1 Cor. 7	Mon.	2 Cor. 6
Tues.	Luke 2	Tues.	Luke 17	Tues.	1 Cor. 8	Tues.	2 Cor. 7
Wed.	Luke 3	Wed.	Luke 18	Wed.	1 Cor. 9	Wed.	2 Cor. 8
Thurs.	Luke 4	Thurs.	Luke 19	Thurs.	1 Cor. 10	Thurs.	2 Cor. 9
Fri.	Luke 5	Fri.	Luke 20	Fri.	1 Cor. 11	Fri.	2 Cor. 10
<i>Memorize: Luke 4:18</i>		<i>Memorize: Luke 19:10</i>		<i>Memorize: 1 Cor. 9:22</i>		<i>Memorize: 2 Cor. 9:6-7</i>	
WEEK 2		WEEK 5		WEEK 8		WEEK 11	
Mon.	Luke 6	Mon.	Luke 21	Mon.	1 Cor. 12	Mon.	2 Cor. 11
Tues.	Luke 7	Tues.	Luke 22	Tues.	1 Cor. 13	Tues.	2 Cor. 12
Wed.	Luke 8	Wed.	Luke 23	Wed.	1 Cor. 14	Wed.	2 Cor. 13
Thurs.	Luke 9	Thurs.	Luke 24	Thurs.	1 Cor. 15	Thurs.	Hosea 1-2
Fri.	Luke 10	Fri.	1 Cor. 1	Fri.	1 Cor. 16	Fri.	Hosea 3-4
<i>Memorize: Luke 9:23</i>		<i>Memorize: Luke 22:42</i>		<i>Memorize: 1 Cor. 15:3-4</i>		<i>Memorize: 2 Cor. 12:9</i>	
WEEK 3		WEEK 6		WEEK 9		WEEK 12	
Mon.	Luke 11	Mon.	1 Cor. 2	Mon.	2 Cor. 1	Mon.	Hosea 5-6
Tues.	Luke 12	Tues.	1 Cor. 3	Tues.	2 Cor. 2	Tues.	Hosea 7-8
Wed.	Luke 13	Wed.	1 Cor. 4	Wed.	2 Cor. 3	Wed.	Hosea 9-10
Thurs.	Luke 14	Thurs.	1 Cor. 5	Thurs.	2 Cor. 4	Thurs.	Hosea 11-12
Fri.	Luke 15	Fri.	1 Cor. 6	Fri.	2 Cor. 5	Fri.	Hosea 13-14
<i>Memorize: Luke 14:26</i>		<i>Memorize: 1 Cor. 6:19-20</i>		<i>Memorize: 2 Cor. 5:17</i>		<i>Memorize: Hosea 12:6</i>	

\*\*Looking for your next D-Group Reading Plan? Go to [www.nclex.org/d-groups](http://www.nclex.org/d-groups) to find the [F-260 Reading Plan](#).



# D-GROUP H.E.A.R. JOURNAL

## LEARN TO “HEAR” FROM GOD

God wrote a book. He is waiting to speak to us through His Word whenever we are ready to take the time to prayerfully open it, read it, and hear from Him. By HEAR Journaling through the Word, we’re learning how to get the most from our time in God’s Word.

## THE H.E.A.R. JOURNAL METHOD

**H.E.A.R. stands for Highlight, Explain, Apply, and Respond.** Below is an example. Your journal entries will be unique to you and will reflect your personality and learning style, but the format will help you to understand and apply God’s Word like never before! After you read, share your journal with your group to keep each other accountable. Remember, what’s expected must be inspected.

### SAMPLE H.E.A.R. JOURNAL

Read: **Genesis 3**

Title: **The Fall**

Date: **1.3.17**

#### HIGHLIGHT

“And He said to Adam, "Because you listened to your wife’s voice and ate from the tree about which I commanded you, 'Do not eat from it': The ground is cursed because of you. You will eat from it by means of painful labor all the days of your life. It will produce thorns and thistles for you, and you will eat the plants of the field. 19. You will eat bread by the sweat of your brow until you return to the ground, since you were taken from it. For you are dust, and you will return to dust." (3:17-18)

#### EXPLAIN

Disobedience always brings consequences, whereas obedience brings blessing. Adam and Eve disobeyed God’s one command and sin, death, and frustration entered into the world. However, we see the game changer - God’s grace - at work in not putting Adam and Eve to death immediately.

#### APPLY

This chapter holds the key in explaining why the world is as it is, broken and in need of redeeming. There was an "aha" moment for me when I read and understood this chapter. As I experience frustration, temptation, pain, loss, etc. may I realize that this is the result of the fall and not creation as God intended. May these daily experiences cause me to remember the penalty of sin and lead me to flee from sin and run to Jesus, the Redeemer.

#### RESPOND

Lord, thank you for your reminder that sin has a great cost and it has long lasting consequences. The biggest cost of sin is that it separates us from you, which Jesus bore the brunt of on the cross as your wrath towards sin poured out on Him. Forgive me Father for the lingering sin in my life that I treat so lightly. May I see it as you see it. Help me in my weakness to battle sin as I should, by putting it to death. Thanks for your grace Lord. Thanks for your immense patience. Thanks for your Spirit which is empowering me to battle a force that I'm no match for in my own strength. In Jesus name, Amen.



# D-GROUPS EXPLAINED

## WHAT IS A D-GROUP?

A D-Group (Discipleship Group) is 3 to 5 men or women committed to growing together for a set period of time (3 to 18 months) with the goal of multiplying when each member sets out and replicates the group by inviting others to take the same discipleship journey with them; then replicate the process.

## BIG PROBLEMS, ONE SIMPLE SOLUTION

Two of the biggest barriers to growth in the church are a lack of Biblical engagement and a lack of authentic accountability. Without these two things – personal Bible reading and accountable relationships – most of us will eventually stall in our spiritual growth. D-Groups solve this problem! The greatest benefit of a D-Group is the plan and accountability it provides to help get people into the Word and keep them in the Word until the Word gets into them.

D-Groups also give us a replicable plan for making disciples. When people don’t know what to do, they often don’t do anything at all. Though we know our mission is to make disciples who make disciples, we just haven’t been shown how to do it, and that lack of a plan keeps us inactive and ineffective. In D-Groups, we have a simple plan and repeatable process that anyone can follow to facilitate a group that leads to personal growth and multiplication!

## THE “MARCS” OF A HEALTHY D-GROUP

The principles of a healthy D-Group are summed up in the acronym “MARCS”: Missional, Accountable, Reproducible, Communal, and Scriptural.

**MISSIONAL** – Healthy D-Groups find ways to meet regularly in places where they can form meaningful gospel relationships and they spur each other on toward sharing the gospel and making disciples.

**ACCOUNTABLE** – Healthy D-Groups foster authentic, honest, accountable relationships and hold members accountable to both their personal growth and to apply what they’re learning.

**REPRODUCIBLE** – Healthy D-Groups being with the end in mind. From the beginning their goal is to replicate the process at the end of the year by sending out each group member to start new D-Groups. This is possible because of the simple to replicate components of D-Groups.

**COMMUNABLE** – Healthy D-Groups are a community that practices the “one anothers” of scripture. They text throughout the week, meet weekly, and build Christ-centered friendships.

**SCRIPTURAL** – Healthy D-Groups have as their text book, the Bible. There is an epidemic of studies in the church that teach us a lot about the Word but don’t teach us how to engage the Word and hear from God on our own.

We believe that the Word of God and the Spirit of God are more than enough to do the work of God through the people of God! And like Jesus modeled, we believe discipleship is best done in community.



## D-GROUP COVENANT

### COMMITTED TO GROWING TOGETHER

I will commit to the following expectations:

1. I pledge myself fully to the Lord with the anticipation that I am entering a time of accelerated spiritual transformation.
2. I will meet with my D-Group for at least one hour every week, unless providentially hindered.
3. I will complete all assignments on a weekly basis before my D-Group meeting, in order to contribute to the discussion.
4. I will contribute to an atmosphere of confidentiality, honesty, and transparency for the edification of others in the group as well as my own spiritual growth.
5. I will pray every week for the other men/women who are on the discipleship journey with me.
6. I will begin praying about replicating the discipleship process upon completion of this group by starting a new D-Group.

Signed Mentee \_\_\_\_\_

Signed Mentor \_\_\_\_\_

Date \_\_\_\_\_

### MY GROUP'S CONTACT INFO

NAME	CELL NUMBER	EMAIL
1.		
2.		
3.		

4.

5.

## D-GROUP RESOURCES



### FOR MORE INFO ON D-GROUPS CHECK OUT:

**Replicate Ministries**, [replicateministries.org](http://replicateministries.org)

*Growing Up: How to be a Disciple who Makes Disciples*, by Robby Gallaty

**F-260 Bible Reading Plan**, [replicateministries.org/f260-bible-reading-plan/](http://replicateministries.org/f260-bible-reading-plan/)

**Replicate iPhone App**, [replicateapp.com](http://replicateapp.com)

### FOR MORE ON THE WHY OF DISCIPLE MAKING CHECK OUT:

*The Master Plan of Evangelism*, by Robert Coleman

*Tally Ho, The Fox!*, by Herb Hodges

*The Invested Life*, by Joel C. Rosenberg

*Discipleshift*, by Jim Putman

**Downline Ministries**, [downlineministries.com](http://downlineministries.com)

**Harvest Church Podcasts**, [harvestmemphis.org/sermons](http://harvestmemphis.org/sermons)

**Radical – Resources from David Platt**, [radical.net/resources](http://radical.net/resources)

**Multiply**, [multiplymovement.com](http://multiplymovement.com)

*\*Thanks to Replicate Ministries as well as Harvest Church Memphis for the impetus and framework for D-Groups as adopted and explained here.*

