# DISCIPLESHIP GROUPS

### **DISCIPLESHIP REFERENCE GUIDE**



## DISCIPLESHIP GROUPS

### **INTRODUCTION**

#### WE DESIRE TO SEE A CULTURE OF DISCIPLE MAKING DISCIPLES.

Jesus made it very clear what His church should be doing:

And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." (Matthew 28:18-20)

We are called to be disciples of Jesus who make disciples of Jesus. It may be surprising, but the word *disciple* is more often used than *Christian* to refer to believers in the Bible. To be a disciple is to be a student, a learner, and an imitator of Jesus Christ. We are called to continually follow Jesus, meaning, we must recognize that discipleship is a lifelong process. Being a disciple of Jesus is an identity; everything else in life is a role.

This Discipleship Guide will help teach new disciples of Jesus how to study God's Word, follow Jesus by obeying his commands, and be a tool they can use to make more disciples.

Our goal is not to be a church filled with people that know the Bible, but to be a church filled with people who are committed to following Jesus because they have taken God's Word to heart. Discipleship does not just happen. We need to be intentional about cultivating deep, honest relationships in which we do spiritual good to other Christians.

In this guide, you will find a detailed explanation on how to work through the H.E.A.R. Bible journaling method and reproducible H.E.A.R. journal sheets.

We pray that this tool will be used to help intentionally teach disciples of Jesus to make more disciples of Jesus.

By His Grace,

The Grace Life Leadership Team



# DISCIPLESHIP GROUPS

## WHY STUDY THE BIBLE?

One of the clearest passages of Scripture that shows us the reason why we should study the Bible is 2 Timothy 3:16-17:

**16**All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, **17**that the man of God may be complete, equipped for every good work.

God's Word is vital to the life of the Christ follower and is necessary for us to grow in our faith. Here's why we should study the Bible, based on 2 Timothy 3:16-17.

#### 1. Teaching

The Bible comes directly from God. He breathed it out for us. Why? So we can know who he is. The Bible is not about us, it's about God and His mission to redeem mankind from their sins. The Bible teaches us who God is.

#### 2. Reproof

The Bible calls us out for who we are: sinners in need of salvation. The Bible continues to do this, even after we have put our faith in Jesus. We see the depravity of our hearts in our natural state which is complete contrast to living in the image of Christ.

#### 3. Correction

God's Word reveals to us how to forsake our sin and pursue Christlikeness. 1 John 2:6 says, "whoever says he abides in Jesus ought to walk in the same way in which Jesus walked." God's Word shows us how to live in light of the power of the Gospel while we learn to put to death our sin. To live in reconciliation to God's original design.

#### 4. Training in righteousness

The Bible gives positive training in godly behavior, not just reproof and correction. The Bible teaches us about who God is and how to live for him. God gave us the Scripture so we can be equipped for every good work.





### H.E.A.R. BIBLE STUDY METHOD

"The H.E.A.R. (Hear, Explain, Application, Respond) 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." - from Growing Up by Robby Gallaty

### **HIGHLIGHT** - WHAT DOES THE TEXT SAY?

As you work through the text, note any questions you have.

After praying for the Holy Spirit's guidance, this section will remind you to read with purpose. In the course of your reading, write down the verse or the sentence that stands out and speaks to you.

- Read the entire text for comprehension
- Read again, this time marking:
  - Key words
  - Times, locations, and people
  - Repeated words, ideas, and phrases
  - Transition words (but, therefore, because, if/then....)
  - Lists
  - Contrasts and comparisons
  - Commands
- Read again, marking major themes such as,
  - Gospel truths
  - New self / identity
  - The Great Commission
  - The Great Commandments
  - The Church
  - Redemptive Promises
  - "Types" of Jesus
- Use the dictionary to look up key words, note appropriate meanings, and related words
- Consult different translations of Scripture
- Look up related cross-reference

#### HELPFUL RESOURCES FOR THE HIGHLIGHT AND EXPLAIN SECTIONS:

ESV STUDY BIBLE CSB STUDY BIBLE BIBLE.ORG



#### **EXPLAIN** - WHAT DOFS THE TEXT MEAN?

As you work through the text, note any questions you have.

After you have highlighted the passage, you can begin to work towards understanding the meaning of the text. Here are some questions to ask:

- Why was this written and to whom was it originally written?
- How does this text fit with the verses before and after it?
- What would the original hearers have thought?
- How does this text fit within the greater story of the Bible? (Creation-Fall-Redemption-Restoration)
- What is the Holy Spirit trying to communicate through this text?

When you are able to work through these questions, rewrite the text in your own words. If you find yourself stuck trying to explain the passage, don't worry, you're not alone. Consult reliable commentaries such as the ESV Study Bible and CSB Study Bible.

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 with the text and wrestling with its meaning.

#### **APPLY** - HOW DOES THE TEXT IMPACT ME?

Application is the heart of the process. Everything culminates under this heading. As you have done before, ask a series of questions to uncover the significance of these verses to your personally, questions like:

- What does this passage tell me about who God is?
- What does this tell me about my sin and need for a Savior?
- How can this passage help me?
- What does this passage mean for me today?
- How can these truths transform your life today?
  - Remember that all actions begin as thoughts and desires of the heart. How
    do these truths transform what you love, worship, and value most?
  - In turn, how will these renewed desires change the way you respond to God and others?
  - Are there practical things God is leading you to do differently as your heart changes?
  - What might these truths look like i nation? Is the Holy Spirit bringing to mind specific people,
    - circumstances, conversations



#### **RESPOND** - HOW WILL I RESPOND TO THE TEXT?

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 read.

Teach me, O LORD, the way of your statutes; and I will keep it to the end. Give me understanding, that I may keep your law and observe it with my whole heart. Lead me in the path of your commandments, for I delight in it. Incline my heart to your testimonies, and not to selfish gain! Turn my eyes from looking at worthless things; and give me life in your ways. Confirm to your servant your promise, that you may be feared. Turn away the reproach that I dread, for your rules are good. Behold, I long for your precepts; in your righteousness give me life!

Psalm 119:33-40

#### ADDITIONAL INFORMATION ABOUT H.E.A.R. JOURNAL

The H.E.A.R. journal is a tool developed by Replicate Ministries. We've adapted their journal and created a version to be used within our church. We've included ten copies of the H.E.A.R. journal for you to use. Feel free to make copies. A PDF version will be available on our website, <u>thegracelifechurch.org</u>.

For more information about Replicate Ministries and the resources they have available, visit replicate.org.

## MAJOR THEMES IN SCRIPTURE

Adapted from risenmotherhood.com

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#### **GOSPEL TRUTHS:**

What does the text say (explicitly or implicitly) about the gospel message? Look for statements about God's holiness, man's sin, redemption through Christ, and our future hope in the full restoration of creation.

#### **NEW SELF / IDENTITY:**

What does the text say about who we are in Christ, after we are filled with his Holy Spirit and living free from the penalty of sin? Often, this is seen in context of our "old self," in passages that compare and contrast qualities of a believer versus an unbeliever.

#### THE GREAT COMMISSION:

What does the text say about Jesus' command to go and make disciples of all nations? (Matthew 28:16-20) Where and how does this text encourage us to love our neighbor, witness to unbelievers, and help other believers mature in the faith?

#### THE GREAT COMMANDMENT:

What does the text say about loving God with all our heart, soul, mind, and strength? (Matthew 22:37) What does this love look like and how do we obtain it?

#### THE CHURCH:

What does the text say about God's establishment of, purpose for, and mission for the church (globally and locally)? It's sometimes helpful to note where a passage is speaking to the church (general), the church (specific), or a believer (as an individual).

#### **REDEMPTIVE PROMISES:**

What does the text say about God's promises to us as redeemed followers of Jesus? What can we look forward to, be confident of, and have unchanging hope in?

#### "TYPES" OF JESUS:

How do the main characters or themes in the passage point back – or forward – to the person and work of Jesus? (As the Jesus Storybook Bible says, "Every story whispers His name.")



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### H.E.A.R. BIBLE STUDY METHOD

HIGHLIGHT - WHAT DOES THE TEXT SAY?
EXPLAIN - WHAT DOES THE TEXT MEAN?
APPLY - HOW DOES THE TEXT IMPACT ME?
RESPOND - HOW WILL I RESPOND TO THE TEXT?

# WHEN BIBLE STUDY GOES WRONG BY DAVID PRINCE

The Pharisees were experts in the word of God. In light of their diligent study, they were sure that they knew what God expected of them. They were thought to be the most principled in their serious-minded adherence to God's word. They were particularly scrupulous in observing food laws and the rules about tithing. They tithed herbs as well as grain, wine, and olives (Matt. 23:23; Luke 11:42). They had developed traditions, which they considered to be direct applications of the word of God. Their external patterns of obedience were down to a routine, but Jesus told them they were wrong. What were they missing?

The Pharisees read the Old Testament and believed a Messiah was coming. A Messiah who would restore the throne of David, the independence of Israel from Rome, and the prosperity of Israel. They were correct about all of those facts, but they were wrong about how those realities would come to pass. What were they missing? They were missing Jesus of Nazareth, the Son of God, Messiah, come in the flesh to save his people from their sins. It is a haunting reminder that someone can give themselves over to study the Scriptures, become an expert in particulars about God's word; yet miss the entire thrust of it, its most important theme.

To the Jewish crowds who desired to kill him Jesus declared, "You search the Scriptures because you think that in them you have eternal life; it is these that testify about Me" (John 5:18, 39). Jesus was speaking to diligent students who painstakingly explored Scripture; but, as D. A. Carson explains, "Jesus insists that there is nothing intrinsically life-giving about studying the Scriptures, if one fails to discern their true content and purpose." Jesus's words called them (and call us) to reexamine the Scripture in light of the revelation of God that has been manifested in his appearing (John 1:14, 18). He holds himself up as the key to understanding the Scripture (John 5:46).

#### Carson continues,

These are the Scriptures, Jesus says, that testify about me. . . . What is at stake is a comprehensive hermeneutical key. By predictive prophecy, by type, by revelatory event, and by anticipatory statute, what we call the Old Testament is understood to point to Christ, his ministry, his teaching, his death and resurrection . . . Like John the Baptist (vv. 33-35), the Scriptures, rightly understood, point away from themselves to Jesus. If therefore some of the Jews refuse to come to Jesus for life, that refusal constitutes evidence that they are not reading their Scriptures as they are meant to be read (The Gospel According to John, PNTC, Eerdmans, 1990: 263). The pervasive testimony of the evangelical church has echoed the words of Jesus when He declared that all the Scriptures testify of Him (John 5:39). Consider John Calvin's commentary on John 5:39, "We ought to believe that Christ cannot be

properly known in any other way than from the Scriptures; and if it be so, it follows that we ought to read the Scriptures with the express design of finding Christ in them" (Commentary on the Gospel According to John, Logos Bible Software, 2010, 218). Any attempt to segment the Bible in a way that does not recognize its divinely inspired, cohesive, Christ-centered storyline is tantamount to a functional denial of divine authorship and represents an attempt to interpret the Bible while proceeding on "antisupernaturalist assumptions" (Millard Erickson, Evangelical Interpretation: Perspectives on Hermeneutical Issues, Baker, 1993: 30-31).

Andrew Fuller, the great English Baptist pastor of an earlier generation, said,

To believe the truth concerning Jesus is to believe the whole doctrine of the Scriptures. . . . Upon this principle as a foundation, Christianity rests; and it is remarkable that, to this day, deviation concerning the person and work of Christ is followed by a dereliction of almost every other evangelical doctrine, and of the spirit of Christianity. How should it be otherwise? If the foundation be removed, the building must fall. (The Complete Works of Andrew Fuller, Sprinkle Publications, 1988: 1:691-692).

There is Bible study, and there is Bible study. The Bible is not primarily about the Bible. It is not primarily about morality. And the Bible is not merely an encyclopedia of religious knowledge. The Bible is the word of God, and the entirety of the Bible points to Christ, the living Word. The Bible is preoccupied with the Messiah and we must be as well. We must not repeat the error of the Pharisees. We must search the Scripture, but we must search the Scripture to understand how each part uniquely witnesses to Christ.

Scripture's goal is faith in the life-giving Messiah. At the Transfiguration, Jesus was surrounded by Moses (representing the Law), Elijah (representing the Prophets), and Peter, James, and John (representing the Apostles) and the voice from heaven spoke of the key to all of redemptive history: "This is my beloved Son, with whom I am well pleased; listen to Him" (Matt 17:5). May we obey the heavenly voice and listen to Christ. As we read the Law, the Prophets, and the Apostles, may we listen to Him.

\*\*\* This article was published on January 26, 2018 on davidiprince.com.

#### 1. Read for the author's meaning, not your own.

When we read, we want to know what an author intended us to see and experience in his writing. He had an intention when he wrote. Nothing will ever change that. It is there as a past, objective event in history.

We are not reading simply for subjective experiences. We are reading to discover more about objective reality. I'm not content with what comes to my mind when I read it. The meaning of a sentence, or a word, or a letter is what the author intended for us to understand by it. Therefore, meaning is the first aim of all good reading.

#### 2. Ask questions to unlock the riches of the Bible.

When we read, we generally do not really think until we are faced with a problem to be solved, a mystery to be unraveled, or a puzzle to be deciphered. Until our minds are challenged, and shift from passive reading to active reading, we drift right over lots of insights.

Asking ourselves questions is a way of creating a problem or a mystery to be solved. That means the habit of asking ourselves questions awakens and sustains our thinking. It stimulates our mind while we read, and drives us down deep to the real meaning of a passage.

#### 2.1 Ask about words.

Ask about definitions. What does this word mean in this specific sentence? And remember, we're asking what the author intended by the word, not what we think it means. This assumes words will have different meanings in different sentences.

#### 2.2 Ask about phrases.

A phrase is a group of words without a verb that describe some action or person or thing. For instance, "Put sin to death by the Spirit." "By the Spirit" describes the activity. It tells us how we kill sin in our lives. Look closely at phrases like these and ask what specifically they're explaining.

#### 2.3. Ask about relationships between propositions.

A proposition is a group of words with a subject and a verb. How propositions relate to each other is one of the most important questions we can ask. Often, there will be a small connecting word that holds the answer (e.g., but, if, and, therefore, in order that, because). Sometimes the major differences between whole theologies hang on these connections.

# HOW TO READ THE BIBLE FOR YOURSELF BY JOHN PIPER

2.4 Ask how the context helps define the meaning of words and phrases.

You can't know accurately what a proposition means until you know the meaning of the words, and you can't know the meaning of words until you know the meaning of the proposition. It is a circle, but it's not a hopeless circle. Words have a limited range of shared meanings.

Wrong guesses about a word's meaning are often set right by the end of the sentence or paragraph. Even though words, in and of themselves, can have several meanings, the content and relationships of the propositions around them usually clarify the specific meaning the author intended them to have.

2.5 Ask about **connections** with other parts in the Bible.

We have to ask how the meaning we're seeing in a passage fits together with other passages. Are there confirmations elsewhere in the Bible? Are there passages that seem contradictory or inconsistent?

When I feel tension between two verses or passages, I never assume the Bible is inconsistent. I assume I'm not seeing all I need to see. If I have not seen enough to explain the apparent inconsistency, asking more questions will likely help me see more. Few things make us deeper and richer in our knowledge of God and his ways than this habit of asking how texts cohere in reality when at first they don't look like they do.

#### 2.6 Ask about application.

The aim of biblical writers is not only that we know, but that we be and do. So, we need to form the habit of asking questions concerning application. To us. To our church and our relationships. To the world. The task of application is never done. There are millions of ways a text can be applied, and millions of situations and relationships for them to be applied. Our job is not to know every application, but to grow in applying the meaning of Scripture to our lives.

2.7 Ask about **affections** — appropriate responses of the heart.

The aim of our Bible reading is not just the response of the mind, but of the heart. The whole range of human emotions are possible responses to the meaning of the Bible. God gave us the Bible not just to inform our minds, but also to transform our hearts — our affections. God's word is honored not just by being understood rightly, but also by being felt rightly.

#### 3. At every page, pray and ask for God's help.

O Lord, incline our hearts to your word. Give us a desire for it. Open our eyes to see wonders there. Subdue our wills and give us an obedient spirit. Satisfy our hearts with a vision of yourself and your way for our lives.

\*\*\* This article was originally published on desiringgod.com.

Through my work with the Christian Standard Bible, I came across some stats about Bible reading: 88 percent of American households own a Bible, but only 37 percent of people read it once a week or more. People said they don't read their Bibles because they don't have enough time, and they struggle to understand the words.

These two frustrations are understandable, and we've all struggled with them. But are they the real reasons people aren't reading their Bibles?

#### **Root Issue**

When you think about it, we should get really excited about Bible reading. The God of the universe has given us his Word. He could've tapped out when we disobeyed him in the garden, but he didn't. He went looking for us and talked to us (Gen. 3). Knowing our gracious God gave us his Word should make us want to read it, but often that's not enough.

We don't read the Bible regularly because we don't understand how it works. We often think it's all about us, and that opening Scripture is only useful when we think we need it. We don't understand how amazing the Bible really is.

#### **Word that Lives**

We shouldn't read the Bible like we do any other book, or treat it like a source of entertainment. Instead, we should consider what makes Scripture special. Paul tells Timothy:

All Scripture is inspired by God and is profitable for teaching, for rebuking, for correcting, for training in righteousness, so that the man of God may be complete, equipped for every good work. (2 Tim. 3:16–17)

Notice the verbs: Scripture is inspired by God and is profitable. It's not that Scripture was inspired but now isn't as relevant. It was and is and will be inspired and profitable. Pair this idea with the powerful words of Hebrews:

For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the thoughts and intentions of the heart. No creature is hidden from him, but all things are naked and exposed to the eyes of him to whom we must give an account. (Heb. 4:12–13)

Again, the Word of God is living and is effective and is able to judge the thoughts of the heart. If Jesus is the Word of God (John 1:1) and he isn't dead, then the power of God's Word on the pages of Scripture isn't dead either.

#### **Word that Inspires Worship**

Through the illumination of the Holy Spirit, our spiritual eyes are opened to the supernatural, life-giving truth of God's living Word. When we open its pages, the Bible speaks to us and calls us to "taste and see that the Lord is good" (Ps. 34:8). Instead of going to our Bible for a nugget of wisdom to get us through the day, we should open it ready to worship the God who meets us there.

Want to know what God thinks? Not just what he thought, but what he thinks? Open your Bible. The Spirit lives within you to help you understand God's will and character, to help you taste and see something fresh and new that you've never seen before. A passage you read five years ago might speak to you differently today, because the living God speaks to you through his living Word, right here and right now.

The Word that spoke creation into existence and filled Adam's lungs with oxygen is the same Word that creates life inside of you. He's still speaking to you because you were created for him, not vice versa. When reading Scripture is all about you, it's stale; but when you hear from God and are drawn into worshiping him in all his glory, it's the fresh bread of life.

Why don't we read our Bibles? Because we forget that God's Word is alive. Open the Bible not merely to be inspired, but to exult in the God who speaks.

\*\*\* This article was originally published on thegospelcoalition.org in partnership with the Christian Standard Bible.

"Nobody ever outgrows Scripture; the book widens and deepens with our years".

**Charles Spurgeon** 

