



# **FELLOWSHIP CHURCH: D-GROUPS INSTRUCTION GUIDE FOR LEADERS**

*Therefore, go and make disciples of all the nations, baptizing them name of the name of the Father and the Son and the Holy Spirit -Matt 28:19*

## **INTRODUCTION**

D-Groups are small, gender-specific groups at Fellowship Church, intentionally designed to foster growth in seven key spiritual habits. Each group is led by a pastor or an approved leader and consists of 2-4 members who are committed to deepening their relationship with Christ. Membership at Fellowship is a prerequisite for joining a D-Group.

## **GOAL**

The goal of D-Groups is to build deep character through the consistent application of seven discipleship habits and the encouragement and accountability of other Christians in the group.

## **STRUCTURE AND SCHEDULE**

D-Groups meet every other week from September through May, totaling 18-20 sessions depending on the pace. The first meeting is dedicated to introductions, sharing testimonies, and outlining the group's objectives. This initial gathering sets the tone for the journey ahead.

The group will read and discuss the book *Bury Your Ordinary* using the accompanying workbook as a guide. The meetings will alternate between discussing the book's challenges and conducting a "spiritual checkup" to assess progress and address any hurdles members are facing.

## **LEADER'S ROLE**

As a D-Group leader, your primary focus is on fostering relationships and holding members accountable. The goal is to help members make tangible

progress in the seven habits, understanding that growth, not perfection, is the objective.

Encourage members to overcome obstacles, provide tailored resources and challenges, and create an environment where everyone feels supported.

For instance, if a member struggles with the habit of managing resources, you might recommend they take Dave Ramsey's Financial Peace University course and then share their insights with the group at a later meeting.

### **END-OF-SEASON ASSESSMENT**

At the conclusion of the D-Group in May, you will assess which members are ready to lead their own group in the upcoming semester. Those not ready to lead will be encouraged to join a new group in August, continuing their growth in the seven spiritual habits.

### **ADDITIONAL CONSIDERATIONS**

#### Member Progress and Participation:

If a member is not progressing or participating, offer them an "out." Challenge them to assess their commitment level, and if they're unable to commit or lack the desire for growth, invite them to step away. They can rejoin a new group when they're ready to fully engage. The focus is on encouraging spiritual growth without pressure or guilt.

#### Commitment to the Schedule:

Commitment to the entire schedule is crucial. If a member can't commit, they should wait until they can. Accommodations like Zoom meetings can be offered for those who are occasionally out of town or sick, but overall participation is essential for the group's success.

#### Confidentiality:

Confidentiality is paramount. What is said in the group stays in the group, ensuring a safe space for open and honest sharing.

# FELLOWSHIP D-GROUPS

## SUGGESTED MEETING STRUCTURE

Meeting	Objective
1	"Get to Know You" **See Suggested First Meeting Agenda
2	"D-Group Meeting 1" in the workbook - Chapters 1 & 2 in Bury Your Ordinary
3	Check Up - Focus on Progress and Challenges from previous meeting.
4	"D Group Meeting 2" in the workbook - Chapter 3 in Bury Your Ordinary
6	Check Up - Focus on Progress and Challenges from previous meeting.
7	"D Group Meeting 3" in the workbook - Chapter 4 in Bury Your Ordinary
8	Check Up - Focus on Progress and Challenges from previous meeting.
9	"D Group Meeting 4" in the workbook - Chapter 5 in Bury Your Ordinary
10	Check Up - Focus on Progress and Challenges from previous meeting.
11	"D Group Meeting 5" in the workbook - Chapter 6 in Bury Your Ordinary
12	Check Up - Focus on Progress and Challenges from previous meeting.
13	"D Group Meeting 6" in the workbook - Chapter 7 in Bury Your Ordinary
14	Check Up - Focus on Progress and Challenges from previous meeting.
15	"D Group Meeting 7" in the workbook - Chapter 8 in Bury Your Ordinary
16	Check Up - Focus on Progress and Challenges from previous meeting.
17	"D Group Meeting 8" in the workbook - Chapter 9 & Conclusion in Bury Your Ordinary
18	Check Up - Focus on Progress and Challenges from previous meeting. **See Suggested Final Meeting Agenda

# **FELLOWSHIP D-GROUPS**

## **SUGGESTED AGENDA FOR FIRST MEETING**

### **Welcome and Introductions**

- Briefly introduce yourself as the leader.
- Allow each member to introduce themselves (name, background, why they joined the group).

### **Purpose and Objectives**

- Explain the purpose of the D-Group: fostering growth in seven spiritual habits. (Progress, Not Perfection)
- Outline the objectives for the group: spiritual growth, accountability, and building strong relationships.

### **Group Expectations**

- Discuss the commitment required (attendance, participation, confidentiality).
- Emphasize the importance of completing the book *Bury Your Ordinary* and participating in discussions.

### **Confidentiality Agreement**

- Reiterate that what is shared in the group stays in the group.
- Ensure all members understand and agree to this principle.

### **Testimony Sharing**

- Invite each member to briefly share their testimony and current spiritual journey.
- Encourage openness and vulnerability, setting the tone for future meetings. (Not relishing in who we were, but what God has transformed in us.)

### **Overview of the Seven Spiritual Habits**

- Provide a brief overview of the seven spiritual habits the group will focus on.
- Discuss why these habits are important and how they will be integrated into group discussions.

### **Review of the Book and Workbook**

- Introduce the book *Bury Your Ordinary* and the accompanying workbook.
- Explain how the book will guide the group's discussions and challenges.
- Meeting Structure
- Outline how future meetings will alternate between discussing the book's challenges and doing a "spiritual checkup."

- Explain that the structure is designed to ensure both learning and personal growth.

### **Personal Goals and Expectations**

- Have each member share what they hope to gain from the group.
- Discuss any personal goals they have for their spiritual growth during the semester.

### **Questions and Clarifications**

- Open the floor for any questions or clarifications about the group, its purpose, or expectations.

### **Closing Prayer**

- End the meeting with a prayer, asking for God's guidance and blessing over the group's journey together.

# **FELLOWSHIP D-GROUPS**

## **SUGGESTED AGENDA FOR FINAL MEETING**

### **Welcome and Opening Prayer**

- Begin with a prayer, thanking God for the journey the group has taken together and asking for His continued guidance.

### **Retake the D-Group Assessment**

- Before the meeting, resend the digital D-Group Assessment tool to each member to retake.
- Discuss the results as a group, focusing on areas of growth and identifying remaining challenges.

### **Celebrate Progress**

- Reflect on the progress each member has made in the seven spiritual habits.
- Encourage members to share specific milestones or breakthroughs they've experienced.
- Celebrate the spiritual growth that has occurred within the group.

### **Assessing Leadership Potential**

- Discuss who among the group might be ready to start their own D-Group in the fall.
- Encourage and challenge those who feel called to take this next step in leadership. (Report any potential new leaders to David or Daniel.)
- Offer support and resources for those considering leading a new group.

### **Challenge for the Fall**

- Challenge members who are not yet ready to lead to join another D-Group in the fall.
- Emphasize the importance of continuing their spiritual growth and progressing in the seven habits.

### **Maintaining Community**

- Reiterate the importance of maintaining the community built within the group.
- Encourage members to stay connected over the summer, supporting one another in their spiritual journeys.
- Remind the group that the leader will check in occasionally during the summer to see how they are progressing.

**Looking Ahead**

- Discuss any upcoming opportunities or events at Fellowship Church that might be of interest to the group.
- Encourage continued participation in church programs, events, and spiritual growth opportunities.

**Closing Remarks and Final Thoughts**

- Share any final thoughts or encouragements as the group wraps up.
- Thank each member for their commitment and contributions to the group.

**Closing Prayer**

- Conclude with a prayer, asking for God's continued work in each member's life and for the group's ongoing connection and support.

**Fellowship Time**

- Allow time for informal fellowship and connection, celebrating the group's journey together.