



DISCIPLESHIP GROUP WORKBOOK

This Workbook is an accompaniment to
Bury Your Ordinary by Justin Kendrick

WELCOME TO D-GROUP!

What does it mean to be a disciple of Jesus? Matthew 28 records the final words of Jesus: "*Go, and make disciples of all nations*" (Matthew 28:19). Most followers of Christ are quick to say "amen" to this command, but few actually have a plan to grow as a disciple or make other disciples. What is discipleship really?

Simply stated, *discipleship is the process of becoming more like Jesus*. It is the journey of Christian maturity through this life and into the next. More specifically, discipleship is not a list of dos and don'ts. It isn't a set of goals to accomplish. In the end, spiritual growth can be boiled down to *growing in love*. The more you grow in love, the more spiritually mature you become.

But how does a Christian intentionally grow in love? You can't just decide to be more loving and magically change. The most effective way to grow in love is to introduce new *habits*. Habits have the power to bend your heart in a certain direction over time. The right habits practiced regularly will expand your love for God and result in greater maturity.

If you are a follower of Jesus, God has called you to be a leader. *In D-Groups, we will focus on the challenge of leading yourself*. Until you effectively lead yourself, you can't lead anyone else in the process of spiritual growth. This doesn't mean that you must be perfect before being a leader. Spiritual growth is an ongoing process, and you never fully arrive, but it always begins with self-leadership. Over the next eight meetings, we will learn and apply seven discipleship habits. When practiced consistently, these habits will bend your heart toward a deeper love for God and stretch your spiritual maturity.

The first three habits are "Centering Habits." They teach you to remove yourself from the center of your life and put Jesus there. The next two habits are "Guard Rail Habits." These will keep you from driving your life off the tracks. Finally, habits six and seven are "Long Haul Habits" that empower you to stay the course year after year.

HOW TO USE THIS GROUP WORKBOOK

1. **Read along in *Bury Your Ordinary (BYO)*.** Before each group meeting, read the book's listed chapter(s) or section. Your experience will be far more impactful if you've taken the time to read and process the material before you gather.
2. **Prepare for the discussion.** Provided in this workbook are discussion questions for each meeting, as well as space to jot down your responses. Take time before your gathering to write down your thoughts.
3. **Talk through the questions.** Come with an open heart and engage in honest discussion. Take the challenges seriously at each meeting.
4. **Follow through on application and further study.** Every meeting will have a section for application and further study. Your experience will largely depend on the work you put in before and after your group meets. Leave your meeting and dive in deeper!

TIPS FOR GROUP LEADERS

Thank you for leading a D-Group! Here are a few simple tips to prepare for your gathering:

- **Join before you lead.** Before leading a D-Group, you must participate in one yourself. Connect with a leader at the church to see if you are eligible to lead a D-Group.
- **Pray.** Before your first meeting, pray that God would use this group to make a big impact in the lives of the participants.
- **Confirm all details for the group.** Make sure people know where to go and when the meeting starts, and provide a contact number if they get lost.
- **Make the space hospitable.** Set up a space to meet. Do your best to find a space that accommodates deep conversation.

- **Figure out a plan for the kids.** Make a plan ahead of time.
- **Don't be too formal.** Treat the group more like family and less like a business.
- **Use the materials provided.** Make sure everyone has a *Bury Your Ordinary* book and a *D-Group Workbook*.
- **Encourage everyone to participate.** Give an opportunity for everyone to be involved.
- **Assessment.** Have everyone in the group take the D-Group Assessment before they start the group and when the group finishes up to track progress. The assessment can be found here: <https://fellowshiptx.churchcenter.com/people/forms/808972>

D-GROUP MEETING 1

READING

Bury Your Ordinary chapters 1 & 2

*1 Corinthians 9:24 "Do you not know that in a race all runners run but only one get the prize?
Run in such a way as to get the prize."*

KEY THOUGHTS

True greatness does not begin with accomplishment; it begins with relationship.

People usually change their behavior only after the story of what they believe has been rewritten.

DISCUSSION QUESTIONS

1. Take a few minutes to make sure everyone is acquainted in your group. Then go around and share your name and one thing you love to do.
2. On pages 19–21 of Bury Your Ordinary, Justin gives a few examples of Christians who have slipped into a mundane spirituality. Do you see any of those patterns in your life? Explain.
3. On a scale of 1–10, how would you describe your relationship with God? (One being nonexistent and ten being vibrant and alive every moment.) Why did you choose that number?
4. On page 32, Justin talks about the statue of Atlas near his childhood home. Atlas was straining under the pressure of holding up the world. Where have you felt like Atlas in your life? Do you see yourself as someone pleasing to God? Why, or why not?

5. In the book *Atomic Habits*, James Clear writes about the three layers of personal change. Lasting change happens when there is a profound change of identity. How has the gospel changed your identity? How do you see yourself differently because of Jesus?

6. Read the application section together and commit to doing the work before the next meeting. What is one way you hope to grow over the next eight sessions? End the meeting by praying for one another.

APPLICATION

In a journal, write down the four truths outlined on pages 48–49. Then take time to write out how each truth applies to you personally. What does each truth mean to you? What will you do differently in light of each truth? Be prepared to share any insights at the next meeting.

FURTHER STUDY

Tim Keller book: *The Freedom of Self-Forgetfulness*

D-GROUP MEETING 2

READING

Bury Your Ordinary chapter 3

Mark 1:35 "And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed."

KEY THOUGHT

Those who find time find God.

HABIT 1

Spend the first hour of your morning alone with God.

DISCUSSION QUESTIONS

1. Review the application from the last meeting. Share any insights you learned.
2. Spending time alone with God every day is not a new idea for many Christians. Explain your typical routine. What helps you connect with God?
3. Habit 1 is to spend the first hour of your morning alone with God. What would you need to change in your routine to practice this habit? What is most intimidating to you about setting aside one hour every morning to meet with God?
4. On pages 72–74, Justin outlines three ways to SOW the Bible in your heart: systematic reading, one-topic study, and waiting and repeating. What stood out to you in this section? Have you tried these three approaches? What seems to work best for you? What haven't you tried?

5. On pages 74–76, Justin outlines three ways to DIG deep in prayer: demonstrate your love, intercession and requests, and godly confessions. Share one way you want to grow in prayer. What will you add to your prayer routine?

6. Review the application for this meeting and commit to each other to follow through. God meets us at our level of expectation. What can you do this week to increase your expectation to hear from God and experience God?

APPLICATION

On pages 73–74, Justin introduces the idea of creating a schedule for your daily time with God. Take the SOW and DIG models and write out a one- month plan for your time with God. Decide which books in the Bible you will read and which topics you will use for your one- topic study. Bring your three-month schedule to your next group meeting. Commit to spending one hour alone with God every day between now and your next D-Group meeting.

FURTHER STUDY

J. I. Packer book: Knowing God

Feed: Learning to Feed Yourself from Sonlife

<https://www.sonlife.com/store/ebooks/feed-learning-to-feed-yourself-ebook/>

Talk: Learning to Talk from Sonlife

<https://www.sonlife.com/store/ebooks/talk-learn-to-talk-ebook/>

How Can I get More Out of My Bible Reading? 9Marks

<https://www.9marks.org/books/how-can-i-get-more-out-of-my-bible-reading/>

What If I Don't Desire to Pray? 9Marks

<https://9marks.myshopify.com/products/what-if-i-dont-desire-to-pray>

D-GROUP MEETING 3

READING

Bury Your Ordinary chapter 4

Colossians 4:5-6 "Walk in wisdom toward outsiders, making the best use of the time. Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person."

KEY THOUGHT

If you really believe what the Bible says about eternity, you can't keep God's grace to yourself.

HABIT 2

Share your faith every week.

DISCUSSION QUESTIONS

1. Begin your meeting by sharing the schedule you created for your daily time with God. Did you set aside an hour each day? Why or why not? What challenges did you face?
2. Talking to others about Jesus can sometimes feel intimidating. Do you share God with the people in your life? If so, how have they responded? If not, why do you think you're hesitant?
3. On pages 83–86, Justin deals directly with the challenging topic of hell. What stood out to you in this section? How does the reality of eternity impact your life?
4. Page 87 outlines three ineffective ways (as the Sergeant, the Salesman, or the Sage) to talk about Jesus. How have you experienced ineffective evangelism?

5. Colossians 4:2–6 gives helpful advice about sharing your faith (see also pages 89–94 in BYO). What challenged you in this section? What will you do differently in light of this advice?

6. Share the names of five people who are far from God in your life. Who would be the most difficult person on your list to invite to church or talk to about Jesus? Why? What step forward can you take?

APPLICATION

Write out the names of the five people you mentioned who are far from God. Add them to your daily prayer routine. Before your next group meeting, extend an invitation to one of them to attend church with you or broach the topic of God with one of them in conversation.

FURTHER STUDY

Gospel Coalition article: "Six Principles for Sharing Your Testimony,"
www.thegospelcoalition.org/article/sharing-your-testimony/

Talk: Learning to Talk from Sonlife
<https://www.sonlife.com/store/ebooks/talk-learn-to-talk-ebook/>

What If I'm Discouraged in My Evangelism 9Marks
https://9marks.myshopify.com/products/what-if-im-discouraged-in-my-evangelism?_pos=4&_sid=f192e0a53&_ss=r

Share Jesus Without Fear by William Fay
ISBN: 978-0-8054-1839-2

Evangelism by J. Mack Stiles
https://9marks.myshopify.com/products/evangelism-by-j-mack-stiles?_pos=1&_sid=f192e0a53&_ss=r

D-GROUP MEETING 4

READING

Bury Your Ordinary chapter 5

Acts 9:10 "The Lord said to him in a vision, 'Ananias.' And he said, 'Here I am, Lord.'"

KEY THOUGHT

God wants to speak to you and guide you through life.

HABIT 3

Obey the promptings of the Holy Spirit.

DISCUSSION QUESTIONS

1. Begin your meeting today by reflecting on the application from the previous meeting. Did you step out and talk to someone about Jesus? What happened?
2. Habit 3 teaches us to obey the daily promptings of the Holy Spirit. Hearing from God can sometimes feel overwhelming and unclear. On pages 106–109, Justin writes about some of the mistakes people make when hearing from God. Explain your experience. What have you learned? What has been difficult?
3. On pages 111–112, Justin describes four tests to discern God's will. What was most helpful to you about these four tests? Can you think of a time when God's will was unclear to you? What did you do? What would you do differently now?
4. To follow the daily promptings of the Holy Spirit, we must develop an EAR to hear God. This means we must expect God to speak, ask God to speak, and revere God in our hearts. What could you do to strengthen your spiritual hearing?

5. Break up into groups of two (men with men and women with women). Pray for one another, asking the Holy Spirit to prompt your heart with Scripture to encourage the person you're praying with. Take time to listen for God's inner prompting. If you sense God impressing a specific scripture on your heart, share it with the other person.

APPLICATION

Develop your EAR to hear God by asking him every morning to speak to you throughout the day. Record any impressions you might have in a journal this week. Be prepared to share something you sensed or heard from God at the next meeting.

FURTHER STUDY

Walk: Learning to Walk by Sonlife

<https://www.sonlife.com/store/ebooks/walk-learning-to-walk-ebook/>

Dr. Tony Evans sermon: "The Holy Spirit: The Enablement of Spiritual Growth"

Joy Unspeakable by Martin Lloyd-Jones

ISBN: 978-0-87788-441-5

D-GROUP MEETING 5

READING

Bury Your Ordinary chapter 6

1 Corinthians 6:13 "The body is not meant for sexual immorality, but for the Lord, and the Lord for the body."

KEY THOUGHT

God's boundaries are not intended to limit your life. They are designed to give you an abundant life.

HABIT 4

Live within the accountability of biblical sexual boundaries.

DISCUSSION QUESTIONS

1. Review the application you had from the last meeting. What impression can you share from the Lord since the last time you met?
2. Chapter 6 of Bury Your Ordinary begins with the topic of intimacy. In our culture, intimacy is almost always linked to sex, but the deepest intimacy in life is not sexual. Instead, it comes from a deep connection to God. As you reflect on your life, what lies have you believed about sex? In what areas has the narrative of our culture influenced your view of sex?
3. On pages 128–131, Justin describes some of the dangers we face when we don't understand God's design for sexuality. Pornography and other sexual activity outside of marriage create a deep invisible bond. In the end, sexual experiences outside of God's design lead to greater emptiness rather than greater fulfillment. Honestly share your experience with sexual sin. Where have you struggled? Where have you found victory?

4. On pages 137–139, Justin outlines four important boundaries that enable a follower of Jesus to live in sexual purity. As you reflect on these boundaries, what do you need to do differently in your pursuit of sexual purity? How is God challenging you to grow in this area?

5. On pages 141–143, Justin explains how the Old Testament story of Gomer is a powerful picture of redemption. Sometimes when we are trapped in sin, we feel hopeless. In what ways can you relate to Gomer's story? What is your next step to living within the accountability of biblical sexual boundaries?

APPLICATION

Take the four boundaries outlined on pages 137–139 and create action steps for yourself. How can you acknowledge your daily need for God in the area of sexual purity (boundary 1)? Who can you invite into your struggle for consistent accountability (boundary 2)? Write out a future picture of your life, and review it whenever you feel tempted to compromise (boundary 3). Study the truths found in Romans 6, and allow these truths to reshape how you see yourself (boundary 4). If you haven't already, begin an accountability relationship with someone in the church.

FURTHER STUDY

Desiring God survey: "Sexual Purity," www.desiringgod.org/topics/sexual-purity#

Clean: Cleansed Living by Sonlife

<https://www.sonlife.com/store/ebooks/clean-cleansed-living-ebook/>

Every Man's Battle by Stephen Arterburn, Fred Stoeker, Mike Yorkey

ISBN: 0525653511

D-GROUP MEETING 6

READING

Bury Your Ordinary chapter 7

2 Corinthians 8:8 "I am not commanding you, but I want to test the sincerity of your love by comparing it with the earnestness of others."

KEY THOUGHT

A heart that has been changed by the gospel will overflow with generosity.

HABIT 5

Structure your life around priority, percentage, and progressive giving.

DISCUSSION QUESTIONS

1. On pages 148–151, Justin defines concept of life as the story or inner picture in your mind that forms your perspective on the things you value. For example, some people think that life is a race. Others see life as a party. Scripture teaches that life is a stewardship. Have you viewed your life as a stewardship? Do you live as though everything you have belongs to God? How does this concept of life challenge you?
2. Justin compares the story of the rich young ruler (Mark 10) and the story of Eustace in *The Chronicles of Narnia* (see also pages 152–155 in *BYO*). He writes that Christianity is a radical change of heart caused by a profound revelation that God loves you. How has the love of God changed the way you think about money?
3. Because God is generous and Christians are in the process of being formed in his image, generosity is directly linked to spiritual growth. The first challenge is to make generosity a priority in your life. This means that you set aside money to give before doing anything else! (See pages 157–159 in *BYO*.) Have you practiced priority giving? Do you give first? Why or why not?

4. The principle of tithing is found throughout Scripture. Pages 159–162 in *Bury Your Ordinary* discuss the topic of percentage giving. Do you tithe? Why or why not?

5. The book of Proverbs teaches that the world of the generous grows larger and larger, while the world of the stingy gets smaller and smaller (Proverbs 11:24–25 MSG). Have you found this to be true in your life? What holds you back from a life of greater generosity?

6. As you reflect on the content of *Bury Your Ordinary* chapter 7, where do you sense God challenging you? What is your next step in the pursuit of generosity?

APPLICATION

Do a thorough review of your finances and determine the percentage of your gross income that you give away to the work of God every month. Then outline your next step in priority, percentage, or progressive giving. How much would you have to give to detach your heart from trusting in things and attach your heart fully to God? Create a new budget based on your next step and begin using it this month.

FURTHER STUDY

Dave Ramsey's Financial Peace University

https://www.ramseysolutions.com/ramseyplus/financial-peace/class?gad_source=1&gbraid=0AAAAADJkv4JZR64AjfBWYhLCuos0SqAQZ&gclid=EAlaIQobChMIgrvp5saniAMVXJnCCB11wzpsEAAYASABEgJf1PD_BwE

Why Should I Give to My Church 9Marks

https://9marks.myshopify.com/products/why-should-i-give-to-my-church?_pos=1&_sid=267c85a4d&_ss=r

Redeeming Money: How God Reveals and Reorients Our Hearts by Paul David Tripp
ISBN: 1433556731

D-GROUP MEETING 7

READING

Bury Your Ordinary chapter 8

Hebrews 4:9-10 "So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his."

KEY THOUGHT

The practice of Sabbath teaches your heart to live by grace and roots your identity in Jesus.

HABIT 6

Practice living by grace through a weekly Sabbath routine.

DISCUSSION QUESTIONS

1. Review the application section from the last meeting. Did you follow through? What impact did it make?
2. On pages 169–172, Justin shares the story of his Dunkin' Meltdown. Have you ever experienced a time when life overwhelmed you? What happened?
3. On page 181, Justin reflects on Matthew 11:28–30 and the imagery of a yoke. As you reflect on that passage of Scripture, what do you think Jesus is saying to you?
4. Do you practice a weekly Sabbath routine? What does that look like in your life? How did chapter 8 in Bury Your Ordinary sharpen or challenge your routine?

5. On pages 184–186, Justin outlines three critical practices that should be included in your weekly Sabbath routine: pause, pray, and play. How do you currently include these practices? What could you add to your Sabbath to become more intentional in these practices?

6. What holds you back from making the Sabbath a priority in your life? What will you change considering your study of the Sabbath?

APPLICATION

Look at the next three weeks of your schedule and mark out a twenty-four-hour period to pause, pray, and play each week. Do your best to avoid grocery shopping, laundry, and other "day-off" activities on this day. Instead, do something to intentionally make this time feel special and set apart for God. At the end of each week, write down the impact of your Sabbath in a journal.

FURTHER STUDY

Transforming Center article: "Interview with Ruth Haley Barton Regarding Sacred Rhythms," <https://transformingcenter.org/2011/07/interview-with-ruth-haley-barton-on-sacred-rhythms/>

Peter Scazzero book: *The Emotionally Healthy Leader*

D-GROUP MEETING 8

READING

Bury Your Ordinary chapter 9-conclusion

1 Thessalonians 2:8 "So being affectionately desirous of you, we were ready to share with you not only the gospel of God but also our own selves, because you had become very dear to us."

KEY THOUGHT

Spiritual growth is a hands-on, life on life, flesh-and-blood, learn-by-association endeavor. To really grow in Christ, you must open your life to others.

HABIT 7

Build an intentional circle of discipleship.

DISCUSSION QUESTIONS

1. As you reflect on the last seven meetings, what has been the biggest growth area? Where have you been challenged?
2. Chapter 9 deals with the habit of replication: building an intentional circle of discipleship. On pages 190–192, Justin emphasizes the importance of a real-life model in spiritual growth. Who in your life has given you a picture of Christian maturity? How has this example impacted you?
3. Have you ever intentionally discipled anyone? Have you ever deeply invested in the spiritual growth of another? On pages 202–206, Justin outlines the anatomy of a disciple-maker. What is most challenging to you about that list of characteristics?
4. As the D-Group curriculum ends, what's next for your growth and leadership? Would you consider leading a D-Group yourself?

APPLICATION

Fill out the Assessment Tool for Spiritual Growth on pages 213–219. Identify the three to five questions where you scored the lowest. Share the results with a friend from your group and create a plan to grow in those specific areas. Set a reminder to fill out this assessment once a month for the next six months. Track your progress as you intentionally move forward in your spiritual growth.

FURTHER STUDY

Dann Spader book: 4 Chair Discipling: Growing a Movement of Disciple-Makers (Like Jesus Series)

Building A Discipling Culture by Mike Green
ISBN: 978-0-692-86234-6

Discipling by 9Marks
https://9marks.myshopify.com/products/discipling-how-to-help-others-follow-jesus?_pos=2&_sid=e67ea09c2&_ss=r



www.fellowshiptx.org