

A DC3 CIRCLES GUIDE



For Discipleship Groups

Therefore go and make disciples of all nations, baptizing them
in the name of the Father and the Son and of the Holy Spirit,
and teaching them to obey everything I have commanded you.
Matthew 28:19-20

Acts and the Prison Epistles

Discipleship

To be a disciple is to make disciples.

Introduction

Disciple-making is what happens when we do life together, teach each other how to pray, study scripture, grow in Christ, and share Christ with others.

To *be* a disciple is also to *make* disciples. If you were to ask Christians today what discipleship means, you would likely get a number of different answers. You might even get the look of a deer in the headlights.

As Christ followers, we need to know how to be and how to make disciples. So what does that mean? It's found in the very scripture on the cover of this book. Matthew 28:19 explains it well.

Some of Jesus' final words say to "go." The good news is it's his authority that sends us. Go and make disciples. It is a reminder that we are to make disciples, not converts or even supporters of a cause. It also reminds us that disciples are *made* and not created at the point of salvation.

Disciples are made through a process involving other believers. We will dive into that process in this book/ebook and take the journey together.

What will we be doing?

WE will focus on five disciplines, which we will engage in weekly, then meet as a group (in person or virtually) to work through each one and discuss our progress.

Below are the five weekly disciplines:

- Accountability
- Bible Reading (1 chapter a day, 5 days per week)
- H.E.A.R Journal Method
- Prayer
- Scripture Memory

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”

Accountability

Each member will commit to the five weekly disciplines. We will do our best to read the scripture, journal, pray and memorize scripture for the equipping and building up of others. Each member will answer two core questions each week as part of accountability.

1. Which of the H.E.A.R journals stood out most this week?
2. Have you been praying for your group this week?

Group members will also be encouraged to invest in other members of the group by spending time outside of group together.

Bible Reading

Each week we will read a total of 5 chapters. Each member is committing to reading the 5 chapters which equals to one chapter per day each day of the work week.

H.E.A.R. Journal Method

A H.E.A.R. Journal is a simple way to help you read the Bible with the intention of applying it. By asking four simple questions, you can understand and apply any passage. In addition, journaling is a great discipline because it helps you retain three times more of what you read. That being said, journaling can look different from person to person. Some may choose to journal with pen and paper, some may choose to type it out, still others may choose to use an audio recording to keep their thoughts. Point is, just do it and keep at it; it's a great discipline! Don't make this too complicated.

Every week, each member will share a H.E.A.R. Journal and discuss what we have heard from God's Word. There is not a set amount of H.E.A.R. Journals that you must do

each week, but the goal with this discipline, as with all of the others, is to improve as time goes on. Consider how often you currently journal and do “+1” of that. So, if you have never journaled, just try to do a couple a week. If you journal occasionally, try to do three times a week. The hope is that as you get more comfortable with this discipline and experience its benefit, you will want to increase this number throughout the year.

Take a look at the H.E.A.R. Journal example on the next page. As you read through your reading plan this week, create a H.E.A.R. Journal by using these four questions.

- **H (HIGHLIGHT):** What is a verse(s) that stood out to you in your reading?
- **E (EXPLAIN):** What is the author’s intended meaning in the context of the passage? Why did you highlight?
- **A (APPLY):** What is the principle to live by today? How can this help me? What is God saying to me?
- **R (RESPOND):** How will I respond to the application in my relationships and/or situations this week?

When the group gets together each week, you will share your H.E.A.R. Journal, and as a group discuss how to best use this method.

H.E.A.R Journal Example

READ: PHILIPPIANS 4:13

H (Highlight) - "I am able to do all things through Him who strengthens me."

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.

In addition to the H.E.A.R. journal method, each member is encouraged to utilize commentary in order to dig deeper into the scripture.

Enduring Word is an excellent free resource found here:

<https://enduringword.com/#commentary>

Prayer

Each disciple is committing to pray for and encourage one another in the faith. Each week be prepared to answer the question: “Have you prayed for this group this week?”

Scripture Memory

Each month, members will choose a verse to memorize. The discipline’s purpose is to store God’s word in our heart. Each member will choose a verse of scripture relevant to their own life circumstances. As an example, if a member is experiencing fear, they can choose a verse pertaining to fear. The goal here is to not just recite the word of God but to hide it in your heart. The key to overcoming struggles in this life is the word of God and when it’s hidden in our hearts it’s our first line of defense in battle.

The Plan

A 260-Day Bible Reading Plan

Week 1

- ☐ Acts 1
- ☐ Acts 2
- ☐ Acts 3
- ☐ Acts 4
- ☐ Acts 5

Week 2

- ☐ Acts 6
- ☐ Acts 7
- ☐ Acts 8
- ☐ Acts 9
- ☐ Acts 10

Week 3

- ☐ Acts 11
- ☐ Acts 12
- ☐ Acts 13
- ☐ Acts 14
- ☐ Acts 15

Week 4

- ☐ Acts 16
- ☐ Acts 17
- ☐ Acts 18
- ☐ Acts 19
- ☐ Acts 20

Week 5

- ☐ Acts 21
- ☐ Acts 22
- ☐ Acts 23
- ☐ Acts 24
- ☐ Acts 25

Week 6

- ☐ Acts 26
- ☐ Acts 27
- ☐ Acts 28
- ☐ Colossians 1
- ☐ Colossians 2

Week 7

- ☐ Colossians 3
- ☐ Colossians 4
- ☐ Philemon

- ☐ Ephesians 1
- ☐ Ephesians 2

Week 8

- ☐ Ephesians 3
- ☐ Ephesians 4
- ☐ Ephesians 5
- ☐ Ephesians 6
- ☐ Philippians 1

Week 9

- ☐ Philippians 2
- ☐ Philippians 3
- ☐ Philippians 4

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Acknowledgements

REPLICTE

Foundations New Testament

- Robby and Kandi Gallaty

<https://replicate.org/>



Enduring Word

- David Guzik

<https://enduringword.com/>