



HBC WOMEN

Disciple Group

yourhbc.info/women



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Welcome

We are excited you've decided to participate in a DGroup (Disciple Group).

God's going to do exciting things during this time.

What is a DGroup or Disciple Group?

It's a small group committed to growing in their faith by walking through God's Word, memorize scripture, journaling twice a week, and praying for each other.

It requires commitment and perseverance.



Connect with Us

We are so glad you're here!

For more information about our church, what's
happening, other studies & more, visit
yourhbc.info.



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Overview

- This group will have 3-5 people max, same gender.
- Pray about who to invite into the Group & then invite them. Send them this information to help them get started.
- This group is committed to:
 - reading the Bible together in 12-18 months (reading plan provided)
 - memorizing scripture (scriptures provided)
 - journaling 2x a week about the scriptures, prayers, what God is doing/saying etc. using the HEAR journaling plan (info provided in this packet)
 - meetings once a week for 1-2 hours
- When this group has finished their Bible reading plan, each person will be encouraged to start another DGroup inviting 3-5 new women.

Guidelines

- If one member can't meet, no one meets.
- If a member misses more than 3 consecutive meetings, they may be asked to wait until another group starts. We understand there are some extenuating circumstances. If you're going to miss, talk to your DGroup Leader.
- At the meeting:
 - Groups will share parts of their journal entries with each other, discuss the scriptures they've been reading, memorizing, and pray together.
 - Please allow everyone to share. One person should not dominate the time talking/sharing.
- What is shared in the group, stays in the group. We are not going to gossip.

Tips

- Decide how you will communicate important messages & to keep up with each other: Text? Email? Band app? Facebook? It's your group, you decide.
- Work together to find a meeting time. Write meeting times/dates down on your personal calendar.
- Make this time and this group a priority. Take into consideration holidays and special events when planning...it's okay to not be able to meet for a few weeks. This plan is designed for a year, but realistically it can take up to 18months and if longer if needed.
- If you are behind on the reading, don't apologize, just keep going, attend your meeting and share what you have done. There's simply grace here. ♥
- How to memorize scripture?
 - Remember to ask God to help you.
 - Seeds Family Worship has great songs to teach you. Our children's ministry uses them a lot.
 - "Verses" is an app that helps you memorize scripture by playing games. Writing them daily & saying them daily.



Commitment

I have read the Overview, Guidelines, and Tips for this DGroup and I am committed to:

- reading the Bible together in 12-18 months or as my group decides (reading plan provided; or your group may choose their own)
- memorizing scripture (scriptures provided; or your group may choose their own)
- journaling 2x a week about the scriptures, prayers, what God is doing/saying etc. using the HEAR journaling plan (info provided in this packet).
- meetings once a week for 1-2 hours in person is best, but online is an option as necessary
- letting my leader know if I will miss a meeting
- keeping the confidences of what my group members share

Sign below and show to your DGroup Leader. Everyone in the DGroup will make this commitment.

Signature

Date



Hear

What is HEAR journaling?

The H.E.A.R. 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.

How do I complete a HEAR Journal?

The acronym H.E.A.R. stands for Highlight, Explain, Apply, and Respond. Each of these four steps contributes to creating an atmosphere to hear God speak. After settling on a reading plan and establishing a time for studying God's Word, you will be ready to H.E.A.R. from God.

For an illustration, let's assume that you begin your quiet time in the book of 2 Timothy, and today's reading is the first chapter of the book. Before reading the text, pause to sincerely ask God to speak to you. It may seem trite, but it is absolutely imperative that we seek God's guidance in order to understand His Word (1 Corinthians 2:12-14).

Every time we open our Bibles, we should pray the simple prayer that David prayed: "Open my eyes, that I may behold wondrous things out of your law (Word)" (Psalm 119:18).

After praying for the Holy Spirit's guidance, open your notebook or journal, and at the top left-hand corner, write the letter H.

Hear

Write out the following:

- The name of the book
- The passage of Scripture
- The chapter and verse numbers that especially speak to you
- A title to describe the passage

This practice will make it easier to find the passage when you want to revisit it in the future.

After you have highlighted the passage, write the letter “E” under the previous entry. At this stage, you will EXPLAIN what the text means. By asking some simple questions, with the help of God’s Spirit, you can understand the meaning of a passage or verse.

The next chapter will teach you in detail how to understand the meaning of a passage. Until then, here are a few questions to get you started:

- Why was this written?
- To whom was it originally written?
- How does it fit with the verses before and after it? Why did the Holy Spirit include this passage in the book?
- What is He intending to communicate through this text?

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 the text and wrestling with its meaning.

HEAR

After writing a short summary of what you think the text means, write the letter “A” below the letter “E”. Under the “A”, write the word Apply.

This application is the heart of the process. Everything you have done so far culminates under this heading. As you have done before, answer a series of questions to uncover the significance of these verses to you personally, questions like:

- How can this help me?
- What does this mean today?
- What would the application of this verse look like in my life?
- What does this mean to me?
- What is God saying to me?

As you complete your HEAR journal, these questions bridge the gap between the ancient world and your world today. They provide a way for God to speak to you from the specific passage or verse. Answer these questions under the “A”. Challenge yourself to write between two and five sentences about how the text applies to your life. Finally, below the first three entries, write the letter “R” for Respond.

This is the last part of the HEAR Journal. 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 just read.



Hear

Notice that all of the words in the HEAR Journal formula are action words: Highlight, Explain, Apply, and Respond.

God does not want us to sit back and wait for Him to drop some truth into our laps. Instead of waiting passively, God desires that we actively pursue Him.

Jesus said, Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you (Matthew 7:7).

Think of the miracle of the Bible. Over centuries of time, God supernaturally moved upon a number of men in an unusual way that resulted in them writing the exact words of God. God led His people to recognize these divine writings and to distinguish them from everything else that has ever been written.

Then God's people brought these sixty-six books together. The preservation and survival of the Bible are as miraculous as its writing. Then God gave men, beginning with Gutenberg's printing press, technological knowledge to copy and transmit the Bible so that all people could have it.

All because God has something to say to you.



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Sample Schedule

Make the DGroup your own.

Want to add in time to chat, have coffee, discuss a book, workout, talk about recipes? Do that.

Part of being in a DGroup is building a relationship with each other, so add in those things you have in common.

- First 10 Minutes: Open with prayer
- 30 Minutes Reading Plan & HEAR Discussion:
 - Each week discuss one HEAR journal entry that spoke to us. Have scripture memory goals and use this time to recite/quiz verses for each other.
- 15 Minutes: Christian Literature:
 - Add a group selected Christian book to read through. Examples, "Disciple Her" by Kandi Gallaty, or "Idols of the Heart" by Elyse Fitzpatrick. Read at your own pace. Discuss the book, insights etc.
- 15 Minutes: Fitness & Nutrition (Or whatever your group has in common; canning food, mom life, crafts, recipes, art, etc.):
 - Share goals, recipes, encouragement, tips, areas of struggle etc.
- 5-10 minutes: Close with prayer
 - Share prayer requests with each other and encourage each other throughout the week.



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Resources

Disciple Her: Using the Word, Work, & Wonder of God to Invest in Women
by Kandi Gallaty

F260 Bible Reading Plan for the Old & New Testament. This plan is also
available on the YouVersion Bible app. | [Replicate.org](https://www.replicate.org)

YouVersion Bible App