



# D-GROUP

**MULTIPLY GUIDE**

A photograph of two women sitting at a wooden table in a cafe or study setting. The woman on the left is looking towards the right, and the woman on the right is wearing glasses and looking down at an open book. There are two coffee cups on the table. The entire image has a warm, reddish-orange tint.

AND WHAT YOU HAVE HEARD  
FROM ME IN THE PRESENCE OF  
MANY WITNESSES, COMMIT TO  
FAITHFUL MEN WHO WILL BE  
ABLE TO TEACH OTHERS ALSO.

## 2 TIMOTHY 2:2

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# D-GROUP MULTIPLY GUIDE

## HOW TO USE THIS GUIDE:

As you approach the final three months of your D-Group, it's important to look to the future to consider how you can invest in others just as the people in your group have invested in you. Take a moment and consider the last nine months. Think of the peaks and valleys you have been through. Think about the growth you have seen in your relationship with Jesus because of this group. Think about how significant the relationships are with the members of your group.

When we consider all the benefits, why would you want to mess up a good thing? It's normal for our initial response to be to stay together, but aren't you so glad that the disciples didn't do that? They left their community so others could find it. All throughout the Bible we see a theme of being "sent people" who never allow the blessings of the gospel to stop with them. Instead they embrace the promise God gave to Abraham that we are blessed to be a blessing.

With this idea in mind, think about your family, friends, Life Group members, co-workers and more. Who in your life would benefit from a group like this?

We know that it can be intimidating to lead a D-Group on your own. That is why we developed the D-Group Multiply Guide. This is an interactive booklet to help you transition from your current group into your future groups.

***This booklet will help facilitate four group discussions over the next months:***

### **CONVERSATION 1 – Why, Who, and When**

*Approximately 12 weeks before multiplication date*

### **CONVERSATION 2 – Identify Potential Members**

*Approximately 11 weeks before multiplication date*

### **CONVERSATION 3 – Invite Potential Members**

*Approximately 9 weeks before multiplication date*

### **CONVERSATION 4 – Celebrate and Commission**

*Last week*

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We added an episode from our Long Hollow Group Leader Podcast for each conversation through our Long Hollow Group Leader Podcast. These episodes will help maximize the conversation you have within the group. Go ahead and subscribe so you can listen to the episodes before you meet, but also so you can receive weekly tips going forward.



# CONVERSATION 1

## WHY DO WE MULTIPLY?

*Have a member read each of these three verses: Genesis 12:1-3, Matthew 28:16-20, and 2 Timothy 2:1-2.*

All throughout the Bible, we see our identity as “sent people.” God never intended for the Gospel to stop with us, but for us to take it to others. As believers, we launch out of the comforts of our current community to create a place where new people can experience the same blessings we have. Jesus left his heavenly community to come to earth to save us. The disciples left their community in Jerusalem to take the Gospel to the ends of the earth. And most likely someone in your life left the comfort of their community to invest in you. We now have the privilege to join this movement as we provide the same life-changing community to others that we have received from this group.

## WHO WILL MULTIPLY?

*As we prepare to multiply, which best describes your current posture?*

- **Green Light** – I am ready to start my own group!
- **Yellow Light** – I am willing, but have some cautions.
- **Red Light** – I will not be leading a new group in the upcoming season.

There can be several different barriers that prevent us from multiplying, below are six of the most common. *Which multiplication barrier best describes how you feel and why?*

- **Theology:** I don't know if God has called me to multiply.
- **Community:** I don't want to leave my current group.
- **Practical:** I don't know how to multiply and start a new group.
- **Qualification:** I don't feel qualified to lead others.
- **Availability:** I don't feel like I have the time to lead others.
- **People:** I don't know who I would invite.

As you talk through your current barrier, identify if you are telling God “Not Now,” or if God is telling you, “Not Now.” *Should this barrier prevent you from starting a new group in some capacity and why?*

***If you plan to lead a D-Group, what type of group will you lead?***

- Adult D-Group (physical meeting)     Adult D-Group (digital meeting)
- Young Adult /College D-Group     Student D-Group
- Family D-Group

***If not, what is your plan to surround yourself in Biblical Community? What is your plan to make disciples?***

**WHEN WILL WE MULTIPLY?**

***As we near the end of our group, what obstacles, if any, do you foresee that would prevent you from being ready at this time?***

***Based on our conversation today, what would be the best target date for our group to multiply and start new groups?***

**MONTH \_\_\_\_\_ DAY \_\_\_\_\_ YEAR \_\_\_\_\_**

**NEXT WEEK \_\_\_\_\_**

We will brainstorm names of people that we could potentially invite into our next D-Group. These people need to be men and women of F.A.I.T.H. (See pg. 8).Over the next week, pray about who you could invite and we will discuss.

Also over the coming weeks, we will rotate who leads the group. Before launching out, we will all have the opportunity to facilitate the time through our five weekly disciplines (Example meeting on pg. 18).

# BONUS RESOURCE

## AM I READY TO LEAD A D-GROUP?

In the first conversation, you will discuss when your group will multiply and who will launch out and start new groups. This conversation can come with mixed emotions. There will always be sadness over the group ending, excitement about new people getting to experiencing D-Groups, and fear of stepping out into leadership.

Though multiplying is a good thing, it still can be a difficult transition anytime we leave community to help others find it. That is why we recorded a podcast episode just for this topic. This conversation along with many more through our Long Hollow Group Leader Podcast will help you navigate through the situations that every group faces. If you are having some hesitations in multiplying, take time this week as you pray about your next step and listen to this episode.

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### SEASON 4 EPISODE 5:

#### AM I READY TO LEAD A D-GROUP?



In this episode, we cover the common struggles people have as they consider multiplying their D-Group:

- *Why it's okay to be sad about the group ending*
- *Lies that leaders believe about starting their own group*
- *What to do if you don't feel ready to lead alone*
- *What to do if you aren't planning to lead a group*



## CONVERSATION 2

### IDENTIFY POTENTIAL MEMBERS

*As a group, read the article below and walk through the exercise.*

As with everything in the discipleship process, we take our cues from Jesus. Before He selected disciples, He spent time in prayer (Luke 6:12-16), so that's where we should begin. Ask God to make it clear to you, regarding the 2-4 people you should invite into your D-Group.

Remember that the word disciple means "learner," so begin by asking God to send you a group of men or women who have a desire to learn and grow. This may be someone who has been following Jesus for two months or two decades. Some of the best people to invite into your D-Group are those who don't know what the Christian life is all about, but they are "all about" the Christian life.

On the next page, we will walk through a group exercise to identify potential people in our lives that we can invite into our future D-Groups. As you write down who you want to pray for, you want to look for men and women of F.A.I.T.H. (Faithful, Available, Intentional, Teachable, and Hungry). Here are three questions to help you discern if they would be good for your next D-Group.

- ***Are they faithfully following Jesus in the current stage of their faith journey?***
- ***Are they available enough to fulfill the time commitment of a D-Group?***
- ***Do they display a humble desire to learn from those around them?***

Each member will then fill in the black box with a list of potential D-Group members who they would answer positively for the three questions above. These people may be friends, family, neighbors, or co-workers. The two most helpful places to begin thinking through future members is your current Life Group and volunteer team.

Once each person has filled out their personal box, have each member share about their names and why they would be a good person to invite into their group. As other members share, write their name and their list in the red boxes so that you can pray for them in the weeks ahead.

# GROUP EXERCISE

In the **black box**, write the names of people you think you should invite into your next D-Group.

In the **red boxes**, write the names of those your fellow group members are planning to ask so that you can pray for them by name.

MY POTENTIAL D-GROUP:	
_____	_____
_____	_____
_____	_____

**CURRENT MEMBER:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## IN TWO WEEKS

Spend the next two weeks praying over these names. If you do not have a name yet, pray for God to provide one. Hold off on inviting these people. Our next group conversation will cover how we can invite people in a way that sets our future D-Groups up for success.

## NEXT WEEK

Who wants to lead our D-Group Meeting? (See the Example Meeting on pg.18)

# BONUS RESOURCE

## D-GROUP IDEAL SIZE

Your current group has been meeting for almost a year, you have set a multiplication date, and you are brainstorming names to invite to your group. After you ask yourself, “Who should I invite?”, the second question is usually, “How many people should I invite?”.

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### SEASON 4 EPISODE 6:

#### ***HOW TO SELECT THE RIGHT PEOPLE FOR YOUR NEXT D-GROUP***



In this episode, we discuss the following:

- ***How to discern if they are F.A.I.T.H.ful***
- ***What to do when you don't have many names***
- ***Why you should disciple in groups, not one-on-one***
- ***How many people should you include in your group***

After you have your second conversation as a group about identifying potential members, take a listen to this podcast to go deeper on the topic.



# CONVERSATION 3

## INVITING POTENTIAL MEMBERS

*As a group, read the article below and answer the questions in red.*

A clear and faithful D-Group invitation is the foundation of a healthy group. A good D-Group invitation involves asking the **right person** and setting the **right expectations**. If we do not make sure to do both of these things, we as leaders will have to spend a significant amount of time getting the group to understand its purpose and expected commitment level.

### INVITING THE RIGHT PERSON ---

As we mentioned a couple weeks ago, we are looking for men and women of **F.A.I.T.H.** It is important for you to make an honest assessment of those you are planning to ask. There will be temptation to invite someone who doesn't meet all of the characteristics. You may even say something like, *"I think D-Group will be what he needs to become faithful."* This should not be someone we push into D-Group, but instead allow them to continue to grow in a Life Group until we can answer yes to all five characteristics.

**A D-Group invitation should never be an opportunity to prove faithfulness, but always extended as a response to faithfulness. Inviting someone who is not F.A.I.T.H.ful will negatively impact the individual and the commitment level of the group.**

*As you have prayed over your list of people, do you feel like each person is a man or woman of F.A.I.T.H.?*

*What, if any, concern do you have about any potential member(s)?*

# SETTING THE RIGHT EXPECTATIONS

Another part of a D-Group invitation is to set the right expectations. There is a popular phrase, **“What you win them with, you win them to.”** People are joining your group based off your summary of its purpose and description. Your invitation sets their expectation. Therefore, if we give an incomplete picture of a D-Group, we can expect an incomplete commitment from the group.

We must then make sure that the vision of the group is clear and the commitment level of the group is understood. When we faithfully describe a D-Group and people join with a clear vision and high commitment, it will be much easier for your group to grow together and multiply in the future.

On page 14 you will see the D-Group Overview. This shares the vision of the D-Group, the commitment level, and the meeting details. As you begin to have discussions with potential members, print out this invitation or send them [\*\*this link\*\*](#). When you finish explaining the group concept, a helpful question to ask is **“Would this be something that you are interested in and able to commit to?”** **How and when do you expect to invite your list to join your future D-Group?**

*For more help on how to invite people, check out this episode just for you:*

## **SEASON 4 EPISODE 7:**

### **HOW TO INVITE PEOPLE TO JOIN YOUR D-GROUP**



- **Why your invitation is so important**
- **Common mistakes when people invite potential members**
- **How to respond when people aren't sure**
- **How to make sure you get an authentic “yes”**

## **OVER THE NEXT 4 WEEKS**

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Use the D-Group Overview as a guide and invite your potential members to join your group. Do your best to invite them face-to-face (in-person or via video call).

## **NEXT WEEK**

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Who wants to lead our D-Group Meeting? (See the Example Meeting on pg.18)

# BONUS RESOURCE



## D-GROUP

### OVERVIEW

## WHAT IS A D-GROUP?

A D-Group is a gender-specific, closed group of 3-5 believers that meet weekly for 12-18 months for accelerated spiritual transformation.

## WHAT TO EXPECT?

This image shows what D-Group members commit to weekly in their personal life (**weekly disciplines + weekly meeting**) and how God will grow them in five different areas over the next 12-18 months (**MARCS of a Disciple**).

### WEEKLY DISCIPLINES

SCRIPTURE MEMORY  
BIBLE READING  
(F260 & NT 260)  
H.E.A.R. JOURNAL  
ACCOUNTABILITY  
PRAYER

WEEKLY  
DISCIPLINES  
(WEEKLY INPUT)



### MARCS OF A DISCIPLE

MISSIONAL  
ACCOUNTABLE  
REPRODUCIBLE  
COMMUNAL  
SCRIPTURAL

MARCS OF A  
DISCIPLE  
(LIFETIME OUTPUT)

## WHAT IS THE COMMITMENT?

- Give yourself fully to the Lord during this time as you anticipate a season of accelerated spiritual transformation.
- Meet weekly as a D-Group (60-90 minutes).  
When unable, you will stay involved through sharing H.E.A.R. Journals and prayer requests.
- Commit to the five weekly disciplines (Bible Reading, H.E.A.R. Journals, Scripture Memory, Accountability, and Prayer.)
- Contribute to a group atmosphere of confidentiality, honesty, and transparency.
- Pray weekly for fellow D-Group members and those in your life who don't know Jesus.
- Pray and look for those in your life who you could invite into your new D-Group once this current group multiplies.



## WHEN WILL WE MEET?

• START DATE:

\_\_\_\_/\_\_\_\_/\_\_\_\_  
DATE

• LOCATION: \_\_\_\_\_

• WEEKLY MEETING:

\_\_\_\_\_ AT \_\_\_\_\_ : \_\_\_\_\_  
DAY OF THE WEEK TIME

A.M.  
 P.M.



# CONVERSATION 4

## CELEBRATE & COMMISSION

### CELEBRATE ---

Have each person share their response to each of the questions below.

*How has this group been with you through the peaks and valleys of this last year?*

*How have you seen other members in your group grow during this season?*

*As sad as it is to no longer meet weekly, how much of a blessing will it be if we expand what we have experienced to future groups?*

### COMMISSION ---

After you have celebrated as a group, use the following exercise to know who and what to pray for in the coming weeks. Have each leader share their answer to the two questions below. Encourage the whole group to write down what each person shares on page 17.

*Who is currently committed to your group for the upcoming year?*

*When will your future D-Group start? \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_*

*How can this group pray for you specifically as you step into leading this group?*

**D-GROUP 1**

LEADER NAME: \_\_\_\_\_

PRAYER REQUEST: \_\_\_\_\_

GROUP MEMBERS: \_\_\_\_\_

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**D-GROUP 2**

LEADER NAME: \_\_\_\_\_

PRAYER REQUEST: \_\_\_\_\_

GROUP MEMBERS: \_\_\_\_\_

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**D-GROUP 3**

LEADER NAME: \_\_\_\_\_

PRAYER REQUEST: \_\_\_\_\_

GROUP MEMBERS: \_\_\_\_\_

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**D-GROUP 4**

LEADER NAME: \_\_\_\_\_

PRAYER REQUEST: \_\_\_\_\_

GROUP MEMBERS: \_\_\_\_\_

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**D-GROUP 5**

LEADER NAME: \_\_\_\_\_

PRAYER REQUEST: \_\_\_\_\_

GROUP MEMBERS: \_\_\_\_\_

# BONUS RESOURCE

## EXAMPLE D-GROUP MEETING

Every week we will follow the same rhythm that includes each of the five weekly disciplines. The example below is meant to be a helpful guide, but it is far from an exact science. Ultimately, the pace and content of the conversation is set by the discernment of the leader. The times will vary depending on the length of your D-Group meeting and the amount of people in your group.

## NORMAL D-GROUP RHYTHM

### FELLOWSHIP

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🕒 *10 minutes* Spend the first ten minutes catching up. If you want, you can be more structured in this time and have each person share his or her “high” and “low” of the week.

### SCRIPTURE MEMORY

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🕒 *5-10 minutes* After everyone quotes the week’s memory verse, ask, **“As you meditated on this verse, what stood out to you?”** We want to store God’s Word in our heart, not just be able to recite it.

### BIBLE READING AND H.E.A.R. JOURNALS

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🕒 *25-35 minutes* As you share H.E.A.R. Journals, a great question to ask is:

**“Which of your H.E.A.R. Journals stood out the most to you this week and what are you doing about it?”**

### ACCOUNTABILITY

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🕒 *10-20 minutes* In addition to our H.E.A.R. Journal question, we always ask:

**“How have you prayed for and invested in your ONE this week?”**

If there is additional time, you can discuss a question from the Accountability Questions on page 18.

### PRAYER

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🕒 *10 minutes* Finish the time by having each person share something **specific** and **personal** that the group can pray for.

# HOW DO I START MY NEW GROUP?

As you prepare to start your new group, we want to bless you and help you as you make disciples that make disciples. Here are three simple steps that will allow us to partner with you as you start your new group.

## STEP 1: REGISTER YOUR GROUP



Once you know the members in your group, take about 5 minutes and tell us about yourself and your group. Even if you plan to lead a D-Group of non-Long Hollow members, we still want to send you practical tips as you lead.

## STEP 2: GRAB A LAUNCH KIT

We have a Launch Kit just for you and your group! It is packed with everything you need to get started and more. Included in the kit is the Starter Guide which walks your group through the first three weeks to help you start strong! You won't want to skip this resource.



## STEP 3: START YOUR GROUP

With your Launch Kit in hand, set your first meeting! Our team is praying for you as you get started. Take a look on the next page for all the resources that we will be providing for you as you make disciples that make disciples.

### GROUP LEADER PODCAST



Subscribe to get practical advice for you as a Group Leader. In 15-20 minute episodes, we tackle FAQs like:

- *Why we NEED both groups*
- *How to have better H.E.A.R. Journal discussions*
- *How to handle commitment issues*

[HTTPS://REPLICATE.ORG/SUBSCRIBE-TO-GROUP-LEADER-PODCAST/](https://replicate.org/subscribe-to-group-leader-podcast/)

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### LH GROUPS RESOURCE PAGE

The Groups Resource Page is an easy place for you to access resources that will help you lead your group. You will find the D-Group Covenant, MARCS Assessment, H.E.A.R. Journal Examples, and more. Check this page next time you need help with your group!

**Find these and more at** [LONGHOLLOW.COM/GROUPRESOURCES](https://longhollow.com/groupresources)

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### WEEKLY UPDATE

Each Friday, we send out a Group Leader email. In this email, we will share with you one or two things that are important to focus on in the upcoming week!



### FACEBOOK

If you haven't joined Long Hollow Groups yet, check it out this week. This is a group for leaders and members. In this group, you will hear encouraging stories from fellow groups, connect with other group leaders, and more.

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***If there is anything else that we can ever provide, please don't hesitate to reach out to our team [GROUPS@LONGHOLLOW.COM](mailto:GROUPS@LONGHOLLOW.COM)***



LONG HOLLOW  
BAPTIST CHURCH