

DISCOVERY GROUP OVERVIEW - GO EquipHer

Date: 3/23

(1 HOUR)

- OBJECTIVES:** After working through this lesson, participants will be able to:
1. Understand how they can integrate CDE into DMM/Church planting ministry using the approach based on discovery group
 2. To facilitate a Discovery Group with integral discipleship principles

OVERVIEW FOR TRAINERS: This lesson helps participants to learn how to facilitate a discovery group integrating CHE (health and social issues).

Today we are going to learn about Discovery Groups.

IDMM Process Review

- 1) First, an IDMM team goes through IDMM training and practices discovery group in their own family or fellowship group. They are called Integral Disciple Makers or IDMM workers.
- 2) The IDMM team choose a community through prayer and begin to visit the community.
- 3) They are meeting people in the community or an affinity group.
- 4) They are sharing God's love with acts of love but also, telling stories about Jesus such as parables or miracles.
- 5) A man or woman and their family are interested in the stories.
- 6) The IDMM worker asks a question similar to this one – **Would you and your family be interested to learn more about God's Holy Book?**
- 7) If they say "yes" and invite the IDMM worker to their home, then it is likely that they have found the person of peace.
- 8) Set a time within 1-2 days to start a discovery group
- 9) A good place to start is the Creation to Christ series.

I. UNDERSTANDING THE BASICS OF THE DISCOVERY GROUP

A. What are the elements of a Discovery Group?

Share the following with the whole group

1. Start with 3-5 people with common interests or relational connection
2. Meet once a week, but not less than every two weeks
3. Meet for 1 – 1 ½ hrs.

B. What is the role of the Facilitator (Question asker)?

Ask the large group for suggestions and then fill in with these points.

1. Model to others in group
2. The leader is facilitator not teacher
3. Facilitator depends on the Holy Spirit
4. Ask questions and do not teach or preach
5. Give every person opportunity to participate
6. Listen for felt needs and issues to integrate spiritual, physical, social and mental areas
7. Open to help start new groups by encouraging current group members to lead
8. Facilitator will share what they hear and understand about God's Word and health and social issues. They need to be careful to not dominate
9. Gather around Jesus, the Word of God, to listen and obey

C. An Integral Disciple Making Discovery Group includes 4 parts:

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Share the following:

1. **Looking back** – review of past week
2. **Looking up** – Focus on God and His Word
Here is how to facilitate a study of the Word of God
 - a. Read a passage, tell a story or do a drama of the story – 10-15 verses maximum. Others listen
 - b. Another person reads the passage or tells the story. Others listen.
 - c. Another person restates passage in his own words, without interpretation
 - d. Group adds or removes content so that the restatement is most accurate and understandable
 - e. Ask another person to retell in their own words.
 - f. **Three Key Questions:**
 - a. **What does this passage teach us about God?**
 - b. **What does this passage teach us about people?**
 - c. **If this is God speaking, how will you respond this week to what you have learned?**
 1. **"I will..."**

Guidelines:

- a. Focus on the passage. No cross referencing or outside resources
 - b. Others can ask "where do you find this in the text?" if a member goes to outside resources
3. **Looking forward** – share how we will obey God's word and share with someone what we have learned.
 4. **Looking Outward** – share who we will show love to and about a health or social need in the community.

II. DISCOVERY GROUP MODEL and PRACTICE

Ask for 3 volunteers to come join you and sit a half circle so that all can see and hear. Greet everyone and ask them to sit. Offer them tea.

A. Looking Back

First, we are going to look back over this past week

1. **What are you thankful for this week?**
2. **What are you struggling with this week? How about your family, friends, and neighbors?**
3. **With whom did you share last week's learnings?**

Remember, last time we discovered God's truths in Genesis 1:26.

(For this exercise, you can read)

Genesis 1:26

Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground."

4. **How did it go with your "I will's" this week? Ask about spiritual, physical and social changes.**

B. Looking Up

1. I will read Genesis 5:1-2. Please listen carefully.
This is the written account of Adam's family line.

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When God created mankind, he made them in the likeness of God. He created them male and female and blessed them. And he named them "Mankind" when they were created.

2. Another person reads Genesis 5:1-2. Everyone listen carefully.
3. **Will someone retell this story in your own words? Is there anything missing or different? Will someone else retell this story?**
4. **What does this passage teach us about God?**
5. **What does it teach us about ourselves or man?**
6. **If this is God speaking, how will you respond this week to what you have learned? "I will"**

C. Looking Forward

1. **With whom will you share what you learned this week?**
2. **Name and pray together for our Very Important Person (VIP) (not yet a believer around me that God has put on my heart)**
3. **Ask God (Time of listening) how I can be a witness in actions and words to my VIP? Share and Pray**

D. Looking Outward (this is Integral Disciple Making)

1. **Do you know someone who has a need that we can help with this week?** Suggest or plan an act of love
2. **Are there any health issues or other problems that you are concerned with in your family or neighborhood?**
3. **Now we will discuss a health or social topic that we are all interested in.**
 - a. **Today I have a picture book to share with you. Let's look at page 1.** (Continue to go through the book, asking questions and waiting for answers)
 - b. **Another option: We have a drama today prepared by a couple members of our group.** (Ask "What did you see?" after the role play is finished. Then go through the picture book)
 - c. **Another option: One of the members of our group will demonstrate a new skill for healthy life.** (Ask another group member to demonstrate after they have learned this new skill)
4. **What will you do with this new knowledge? I will....**

Handouts:

- Discovery Group Process – overview again the four parts of the discovery group
- Discovery Group Stories – Creation to Christ. These are examples of passages that can be used with discovery groups
- Passages for Bible Discovery related to IDMM – These are passages to help disciples of Jesus to understand key principles of integral disciple making.

III. SUMMARY – What are benefits of discovery group?

1. Focus on principles of discipleship that Jesus modeled in all areas of life
2. When used by faithful workers and facilitator will produce fruit
3. It is not a program or technique but a way to encouraging discovery and obedience in a group
4. Usable with seekers of God as well as disciples
5. Usable in real life with family, society, work, and leisure connections
6. Group members are integral disciples who are obedient to the Word of God and practice good health practices.

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IV. Prepare to Practice

Either right now, or at a later time, depending on the training schedule, we will have an opportunity to practice the first 3 sections of a Discovery Group

- A. Assign each group a Bible passage for looking up
 1. John 6:16-21
 2. John 7:37-39
 3. John 11:21-26
 4. Psalm 18:1-3
 5. Psalm 34:1-4
- B. Each group will have 15 minutes. If they don't finish, it is OK
- c. A different person will lead through each part
 1. Looking back
 2. Looking up
 3. Looking forward

References:

City Team International. 2016. Available from: <http://www.cityteam.org/about/>
Smit, H. 2016. *Disciple Making Movements*. City Team.
Trousedale, J. 2012. *Miraculous Movements*. City Team International.
Watson, D. and P. Watson. *Contagious Disciple-making*. Thomas Nelson

ATTITUDE:

Facilitator helps the trainees to understand discovery group process

SKILL:

Participants will begin to understand how a integral discovery group works

EVALUATION:

Are the participants able to verbalize the steps in an integral discovery group?

MATERIALS:

- Large sheets of paper, markers, masking tape
- Discovery Group Process handout
- Discovery Groups – Creation to Christ handout
- Passages for Bible Discovery related to IDMM handout

This lesson is used in: IDMM TOT 1

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DISCOVERY GROUP PROCESS

- I. **LOOKING BACK**
 1. What are you thankful for this week?
 2. What are you struggling with this week? How about your family, friends, and neighbors?
 3. With whom did you share last week's learnings?
 4. How did it go with your "I will's"? Ask about spiritual, physical and social changes.
- II. **LOOKING UP**
 1. Tell the story (read or by memory) or do a drama of the story.
 2. Another retells in their own words
 3. **Three Questions:**
 - a. What does this passage teach us about God?
 - b. What does this passage teach us about people?
 - c. If this is God speaking, how will you respond this week to what you have learned? "I will..."
 4. **Guidelines:**
 - a. The leader is facilitator not teacher
 - b. We gather around Jesus, the Word of God, to listen and obey
 - c. Facilitator depends on the Holy Spirit
 - d. One person reads the passage out loud (10 -15 verses maximum)
 - e. Others listen
 - f. Another person restates passage in his own words, without interpretation
 - g. Group adds or remove content so that the restatement is most accurate and understandable
 - h. Ask another person to retell in their own words.
 - i. Others can ask "where do you find this in the text?" if a member goes to outside resources
 - j. Stick with passage. No cross referencing or outside resources
- III. **LOOKING FORWARD**
 1. With whom will you share what you learned this week?
 2. Name and pray together for our Very Important Person (VIP) (not yet a believer around me that God has put on my heart)
 3. Ask God (Time of listening) how I can be a witness in actions and words to my VIP. Share and Pray
- IV. **LOOKING OUTWARD (INTEGRAL DISCIPLE MAKING)**
 1. Do you know someone who has a need that we can help with this week? (Plan an Act of Love that the group can do). If there are multiple discovery groups, they can plan small community projects (seed projects).
 2. Are there any health issues or other problems that you are concerned with? (Leader will share with discovery group leaders' group)
 3. Present a health lesson addressing an emotional, social, or physical issue using drama, picture book, demonstration or story. Ask questions and wait for answers.
 4. What will you do with this new knowledge? I will....

Close in Prayer (if appropriate)

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Discovery Group Stories – Creation to Christ

The Creation of the world

1. Creation of the world -Genesis 1:1 - 2:3
2. Creation of man -Genesis 2:4 – 25

The story of sin - The Disobedience of Man

3. The first sin & judgment
4. Sin spreads to Adam and Eve's children -Genesis 4:1-16
5. Sin spreads to the whole world - flood -Genesis 6:11-22 , Genesis 7:11-23, Genesis 8:14-22

The Story of Redemption - The Cost of Sin and the Promise of Forgiveness

6. God's promise to Abraham -Genesis 12:1-9, 15:1-6
7. God provides the substitute sacrifice for Isaac – Genesis 22:1-19
8. Abraham's descendants enslaved then God chooses Moses as liberator -Exodus 1:1-14, 3:1-14
9. The Passover – the blood and the lamb -Exodus 12:1-28
10. God gives his 10 commandments and sacrifice for breaking the law -Exodus 20:1-21, Lev 4:1-4
11. God's People Continually Sin -Judges 2:10-23
12. God will send a redeemer -Isaiah 9:1-7, and 53

Jesus Comes to Fulfill the Promise of Salvation

13. Birth of Jesus according to prophecy -Matthew 1:1-15
14. Baptism of Jesus – "Behold the Lamb of God," testimony of John and the Spirit -Matthew 3; John 1:29-34
15. Temptation of Christ -Matthew 4:1-11
16. Jesus has authority to forgive sin –paralyzed man and 4 friends -Luke 5:17-26
17. Jesus has power over nature – Calms the Sea -Mark 4:35-41
18. Jesus has authority over spirits – Gerasene Demoniac Mark 5:1-20
19. Jesus has power over death – Jesus raises Lazarus to life -John 11:1-45
20. Jesus is the Savior who brings Eternal Life -John 4:1-26, 39-42

The Promise fulfilled

21. The Last Supper – "This is my broken body and my blood that was shed for you" -Matthew 26:18-30
22. Jesus is betrayed, arrested, falsely accused, tried and sentenced to death -John 18:1-19:16
23. The crucifixion, decision for and against Jesus, "It is finished" -John 19:16-42
24. The resurrection and appearance to disciples and followers Luke 24:1-35
25. Jesus returns to the Father, the Ascension Luke 24:36-53
26. Our Response – The New Birth John 3:1-2

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DISCOVERY GROUP PASSAGES FOR LOOKING UP

Series for Non-Christians (Seekers)

HOPE SERIES

1. Hope for the sinner: Luke 18:9-14
2. Hope for the poor: Luke 12:13-34
3. Hope for the runaway: Luke 15:11-32
4. Hope for the lost: Luke 19:1-10
5. Hope for the grieving: John 11:1-44
6. Hope for the seeker: John 3:1-21

SIGNS OF JOHN

1. Turning of water into wine: John 2:1-12
2. Healing of the royal official's son: John 4:46-54
3. Healing of the paralytic: John 5:1-17
4. Feeding of the five thousand: John 6:1-14
5. Walking on water: John 6:15-25
6. Healing of the man born blind: John 9:1-41
7. Raising Lazarus from the dead: John 11:1-46
8. Jesus is the only way to the Father: John 14:1-11

Series for Christians/House Fellowships who need a Biblical Foundation

DISCOVER GOD - WHO GOD IS AND WHAT HE IS LIKE

1. Creation - Genesis 1
2. Creation of people - Genesis 2
3. Disobedience of people - Genesis 3
4. Noah and the flood - Genesis 6:5 to 8:14
5. God's promise with Noah - Genesis 8:15-9:17
6. God speaks to Abraham - Genesis 12:1-7; 15:1-6
7. God is holy [without sin] - Leviticus 19:2; Deuteronomy 32:3-4
8. God's commands to His people - Exodus 20:1-21
9. David becomes king of Abraham's descendants - 1 Samuel 16:1-13; 2 Samuel 7:1-28
10. King David and Bathsheba - 2 Samuel 11: 1-27
11. Nathan's story - 2 Samuel 12:1-25
12. David asks for forgiveness for the sin he committed - Psalm 51:1-17
13. God promises a Savior will come - Isaiah 53

DISCOVER JESUS - WHO JESUS IS AND WHY HE CAME

1. A Savior is born - Matthew 1:18-25
2. Jesus' baptism - Matthew 3:7-9, 13-15
3. A crazy man is healed - Mark 5:1-20
4. Jesus never loses His sheep - John 10:1-30
5. Jesus heals the blind - Luke 18:31-42
6. Jesus and Zacchaeus - Luke 19:1-9
7. Jesus and Matthew - Matthew 9:9-13
8. Jesus is sinless - Hebrews 4:14-16; 10:1-14
9. Jesus is the only way - John 14:1-15
10. The Holy Spirit is coming - John 16:5-15
11. The last dinner - Luke 22:14-20
12. Jesus' arrest and trial - Luke 22:47-53; 23:13-24

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13. Jesus' execution - Luke 23:33-56
14. Jesus is alive - Luke 24:1-7, 36-47; Acts 1:1-11
15. Jesus will come back one day to judge the world - 1 Thessalonians 4:16-17; Matthew 25:31-4

DISCOVER THE CHRISTIAN LIFE - HOW ARE WE SUPPOSED TO LIVE AS CHRISTIANS?

1. We become Christians when we believe in Jesus and ask Him to forgive us for the sins we have committed - Acts 2:36-41
2. With assurance of salvation - 1 John 5:11-13; Ephesians 1:13-14
3. With assurance of forgiveness - 1 John 1:9
4. With the Holy Spirit living in us - John 14:15-18; Titus 3:4-7
5. With the Holy Spirit producing fruit in our lives - Galatians 5:22-23
6. In fellowship with other Christians - Hebrews 10:24-25
7. Spending time with God [prayer and reading His word] - Mark 1:35; Psalm 19:7-11
8. In victory over sin - 1 Peter 1:13-25; 2:1-3
9. Living in love - Matthew 22:36-40; 1 Corinthians 1:1-7
10. Making disciples and teaching them to obey Jesus' commands - Matthew 28:19-20
11. Giving generously - 1 Corinthians 16:1-2; 2 Corinthians 9:6-8
12. Using the spiritual gifts God has given us - Romans 12:1-8

Learn to obey the 7 basic commands of Jesus.

1. Learn and do - John 14:15-21
2. Repent. Believe. Follow - Mark 1:14-17, Ephesians 2:1-10
3. Be baptized - Matthew 28:19, Acts 8:26-38
4. Love God. Love people - Luke 10:25-37
5. Talk with God - Matthew 6:9-13. Learn and practice Jesus' model prayer
6. Remember and commemorate Jesus - Luke 22:14-20, 1 Corinthians 11:23-32
7. Give - Acts 4:32-37
8. Pass it on - Matthew 28:18-20