

SESSION #4

SECOND THIRD

BIBLE STUDY, H.E.A.R. JOURNAL

THREE THIRDS

- A D-Group is an intentional discipleship group of one guide and 2-3 other people who study the Bible, build strong relationships, pray together, and hold each other accountable with the goal of spiritual maturity and multiplication.
- The first time frame is focused on:
 - Fellowship
 - Follow up
 - Future
 - Accountability

REVIEW

- Discipleship is based upon learning the Bible, building strong relationships, and accountability.
- D-group is a guide and 2-3 others who commit to meet together weekly over a 12-18 months.
- The goal is spiritual maturity and multiplication.
- The first third of time during the weekly meeting is utilized for fellowship, follow up, future goals, and accountability.

BIBLE STUDY (SECOND THIRD)

- The second third of your time in D-group is focused on the biblical text. This not “lecture time” but a discussion based upon a pre-assigned section of scripture.
- But what about curriculum? Quarterly’s? What book are we using?
- At the end of each previous meeting the reading assignments are for the next meeting are established. It could be a chapter, paragraph, or follow the Foundations 260 book
- Each daily session of reading includes writing observations in a H.E.A.R. journal. Each person in the group will have a Bible, notepad, and optional Foundations 260 guide.

H- HIGHLIGHT (SECOND THIRD)

- H – Highlight (H.E.A.R.)

- Encourage your group to pray each day before reading the Bible for the Holy Spirit to speak to them and open their eyes to understand what they are reading.
- At the top of their journal page they write down the name of the book, the passages of scripture they are reading, and the date.
- Example: I Timothy 1:1-20 11/29/2021
- After reading all 20 verses of the chapter they will write down the verses that stand out. There will usually be 1-2 verses that jump off the page. They write them down in their journal.

E- EXPLAIN (SECOND THIRD)

- **E** - Explain (H.E.A.R.)
 - Explain what the text means by asking some basic questions about the text and finding the answers on their own or in the group gathering.
 - Why was this written?
 - To whom was it originally written?
 - How does this text fit with the verses before and after it?
 - Why did the Holy Spirit include this passage in the book?
 - What does the Holy Spirit intend to communicate through this text?
 - Write a short summary paragraph of what you think the text means?
 - Discuss in the D-group gathering what each person wrote down in their journals.

A- APPLY (SECOND THIRD)

- A - Apply (H.E.A.R.)
 - The purpose of studying the Bible is life change. The goal is to apply God's Word, not just passively read it. Answering questions will help in application:
 - What does this text teach me about God?
 - What does this passage mean today?
 - What would the application of this passage look like in my life?
 - Does the text identify an action or attitude to avoid or embrace?
 - What is God saying to me?
 - Discuss in the group meeting what they discovered in application.

R- RESPOND (SECOND THIRD)

- **R** - Respond (H.E.A.R.)
 - When we write out a response to what we have learned in the Word we are more likely to act on it. When we discuss our response with others life change takes root.
 - You may write out a call to action.
 - You may describe how you will be different because of what God revealed in His Word.
 - You may respond by writing out a prayer to God.
 - You may make a commitment to do something in response.
 - Remember, the response is based upon what you learned in the biblical text.
 - The response can become the goals the group set for the next week.

DISCUSSION AROUND THE TEXT

- Did you read something you don't understand? Seek answers together in the gathering.
- What verses stuck out to you? You will find out that the same verses stuck out to others in the group.
- What was your summary statement under "explain" for these verses? Share your summary also and compare.
- What was your response to these passages? Are there commitments we can make together that we can hold each other accountable to complete?

FINAL THOUGHTS

- This is not a lecture, but a conversation around God's Word.
- The guide must share questions they have about the text. Find the answers together.
- At the same time you are learning the Bible, you are also learning how to read and interpret the Bible. They will become "self-feeders" of the Word.
- While there is no curriculum, the Foundations 260 book and "The Commands of Christ" documents are very helpful. Those will be discussed in another session.