



DISCIPLESHIP GROUPS

follow Jesus together

FOLLOWING JESUS TOGETHER

Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me."

MATTHEW 16:24

WHAT ARE DISCIPLESHIP GROUPS?

Citylight Church exists to make and grow disciples of Jesus. A disciple is someone who believes in the costly grace of Jesus and now devotes their life to following Him. At Citylight, Discipleship Groups (D-groups) are same-gender groups of 2-4 that meet regularly to connect, read and apply Scripture, and pray for one another. As we do so, we are transformed by the power of the Holy Spirit more and more into the likeness of Jesus.

HOW ARE DISCIPLESHIP GROUPS FORMED?

Discipleship groups form organically through relationships forged through our Sunday gatherings or Citygroups. Here are some steps to start a D-group:

- » 1. Find 1-3 other same-gender individuals (hint: start with your Citygroup or ask your Citygroup leader)
- » 2. Decide on a plan (see below for some options)
- » 3. Choose a time, place, and end date (e.g., once a week or once every two weeks for three months)
- » 4. Choose a facilitator who will take the initiative on making a plan and pulling it off!

HOW DO DISCIPLESHIP GROUPS ENGAGE WITH SCRIPTURE?

There are three main options for engaging with Scripture in D-groups.

1. STUDY SCRIPTURE INDUCTIVELY

Many D-groups study Scripture directly. This is sometimes known as 'inductive Bible study'. Choose a book of the Bible to study. Bear in mind the length of time you've decided to commit to the D-group. (For example, don't choose to study the Book of Jeremiah for a three month D-group!) If you're not sure what book to use, start with one of the shorter letters of Paul (e.g., Ephesians, Philippians, Colossians). Then, each time you meet, go through a paragraph or two of the text. For each paragraph, consider the passage from four perspectives: God, humanity, Christ, response.

- » **God:** What do you see about God in this passage? What is explicit about God? What is implied about God?
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» **Man:** What do you see about humanity in this passage? How does it affect the way you view yourself or others? Remember the threefold identity of Christians as saints, sinners, and sufferers.

» **Christ:** How does this passage point us to Christ? Specifically, how has Jesus fulfilled the ideal of this passage for us? How do we see the gospel in this passage? What has been restored in Christ, or is now ours in Christ?

» **Response:** Based on what this passage says about God, man (you), and Christ, how will you respond? What change of heart, or beliefs, needs to take place? What specific actions should you take? How have you grown in love for God and others?

That's it! After you've gone through the passage, with each person sharing their insights, pray for one another.

2. USE A GUIDED SCRIPTURE STUDY

Although we believe that the Holy Spirit can guide even "ordinary" believers through an inductive study of God's word, sometimes it's helpful to have someone with more knowledge lead the way. Another option for D-groups is to study Scripture using guided studies. While there are many fine resources out there, here are a few we recommend.

[*Knowing the Bible Series*](#) (Crossway)

» The Knowing the Bible series is a line of Bible studies designed to help Bible readers better understand and apply God's Word. Each 12-week study covers one book of the Bible per week, making practical applications and connections between the passage and the rest of Scripture. Perfect for both small groups and individuals, these gospel-centered studies will help you see and cherish the message of God's grace on each and every page of the Bible.

» [Video Intro](#)

[*LifeChange Bible Study Series*](#) (Navigators)

» Christians have a lifelong goal: to become like Christ. This involves change, and change isn't always easy. But the more you know of God's purposes for you, the more you can experience His joy and participate in His plan. The LifeChange Series of Bible studies on books of the Bible can help you grow in Christlikeness through a life-changing encounter with God's Word.

[*Kathleen Nielson*](#) (writer, teacher, speaker)

» Guided Bible studies on Joshua, Nehemiah, Psalms, Proverbs, Ecclesiastes & Song of Songs, Isaiah, John, Colossians & Philemon, 1 & 2 Thessalonians

[Jen Wilkin](#) (writer, teacher, speaker)

» Guided Bible studies and resources on various books of the Old & New Testament. Some resources include an audio or video teaching component.

3. STUDY A GOOD CHRISTIAN BOOK

Some people may wish to do a D-group based around a good Christian book. Because there are a lot out there to choose from, we've put together this list of Citylight-approved resources for your book-based D-group. If you decide to study a Christian book for your D-group, please choose from this list.

If you haven't been through one of the following, we recommend starting here:

» Just for Starters - Matthias Media

» ["The Centrality of the Gospel"](#) - Essay by Timothy Keller (via link or web search)

DISCIPLESHIP GROUP BOOK RECOMMENDATIONS

If you've already completed the two resources listed above, here are other great options, grouped by topic:

GOSPEL

1. *A Gospel Primer for Christians* by Milton Vincent

GOD

1. *Knowing God* by J.I. Packer
2. *None Like Him* by Jen Wilkin

THEOLOGY

1. *Christian Beliefs* by Wayne Grudem (Systematic theology)
2. *According to Plan* by Graeme Goldsworthy (Biblical theology)

CHRIST'S WORK ON THE CROSS (advanced)

1. *In My Place Condemned He Stood* by J.I. Packer & Mark Dever
2. *Redemption Accomplished & Applied* by John Murray (first half)

DOCTRINE OF SCRIPTURE

1. *Taking God at His Word* by Kevin DeYoung

HOW TO STUDY THE BIBLE

1. *Women of the Word* by Jen Wilkin
2. *Knowable Word* by Peter Krol

SPIRITUAL DISCIPLINES

1. *Habits of Grace* by David Matthis & John Piper
2. *Spiritual Disciplines for the Christian Life* by Donald Whitney

PRAYER

1. *A Praying Life* by Paul Miller
2. *Prayer* by Timothy Keller
3. *Answers to Prayer* by George Mueller

GOSPEL-CENTERED CHANGE

1. *You Can Change* by Tim Chester
2. *The Enemy Within* by Kris Lundgaard

HELPING OTHERS CHANGE

1. *Instruments in the Redeemer's Hands* by Paul Tripp

DISCIPLESHIP CLASSICS

1. *The Pursuit of God* by A. W. Tozer
2. *Desiring God* by John Piper
3. *The Pursuit of Holiness* by Jerry Bridges

DISCIPLESHIP (HOW TO DISCIPLE OTHERS)

1. *Gospel-Centered Discipleship* by Jonathan Dodson
2. *One-to-One Bible Reading* by David Helm

CHURCH/ COMMUNITY/ MISSION

1. *Total Church* by Tim Chester and Steve Timmis
2. *Everyday Church* by Tim Chester and Steve Timmis

EVANGELISM/ APOLOGETICS

1. *Making Sense of God* by Timothy Keller
2. *The Reason for God* by Timothy Keller

HOSPITALITY

1. *The Gospel Comes with a House Key* by Rosaria Butterfield
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JUSTICE

1. *Generous Justice* by Timothy Keller

RACE

1. *Woke Church* by Eric Mason

CONNECTING YOUR FAITH TO YOUR WORK

1. *Every Good Endeavor* by Timothy Keller

CITY

1. *Why Cities Matter* by Stephen T. Um and Justin Buzzard

MONEY

1. *Redeeming Money* by Paul Tripp

BIBLICAL MANHOOD/WOMANHOOD

1. *Manhood Restored* by Eric Mason
2. *(A) Typical Woman* by Abigail Dodds
3. *Recovering Biblical Manhood and Womanhood* by John Piper & Wayne Grudem (more technical)

MARRIAGE

1. *The Meaning of Marriage* by Timothy Keller
2. *What Did You Expect?* by Paul Tripp

PARENTING

1. *Parenting* by Paul Tripp
2. *Shepherding a Child's Heart* by Ted Tripp
3. *Age of Opportunity* by Paul Tripp

SEXUALITY

1. *Sex in a Broken World* by Paul Tripp
2. *Sexual Sanity for Men* by Dave White

SAME-SEX ATTRACTION

1. *Gay Girl, Good God* by Jackie Hill Perry
2. *Is God Anti-Gay?* by Sam Allberry

WAITING WELL

1. *Seasons of Waiting: Walking by Faith When Dreams are Delayed* by Betsy Childs Howard

EMOTIONS

1. *Untangling Emotions: God's Gift of Emotions* by J. Alasdair Groves and Winston Smith

ANGER

1. *Good and Angry: Redeeming Anger, Irritation, Complaining, and Bitterness* by David Powlison

ANXIETY

1. *Running Scared: Fear, Worry, and the God of Rest* by Ed Welch

DEPRESSION

1. *Depression: Looking up from the Stubborn Darkness* by Ed Welch

SUFFERING/GRIEF

1. *Walking with God through Pain and Suffering* by Timothy Keller
2. *Grief Undone* by Elizabeth Groves

BUSYNESS/TIME MANAGEMENT

1. *Crazy Busy* by Kevin DeYoung
2. *What's Best Next* by Matt Perman

DECISION MAKING/WILL OF GOD

1. *Just Do Something* by Kevin DeYoung
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REFORMED SOTERIOLOGY (DOCTRINE OF SALVATION)

1. *Five Points* by John Piper
2. *Redemption Accomplished & Applied* by John Murray (second half)

SPIRITUAL GIFTS

1. *The Beginner's Guide to Spiritual Gifts* by Sam Storms

BAPTISM

1. *Believer's Baptism* by Thomas Schreiner and Shawn Wright

PLACES TO FIND OTHER RESOURCES

1. The Gospel Coalition
2. The Good Book Company
3. Christian Counseling and Education Foundation (CCEF)
4. New Growth Press

For other shorter resources on specific topics (i.e. less than book length), check out the “CCEF mini-books” series, available from New Growth Press.