

A dark, blurred photograph of a person reading a book. The text is overlaid on the image.

RELATIONAL DISCIPLESHIP
RD GROUPS

MULTIPLY
GUIDE

JERSEY  CHURCH

Jesus came near and said to them,
“All authority has been given to me
in heaven and on earth.

Go, therefore, and make disciples
of all nations, baptizing them in the
name of the Father and of the Son
and of the Holy Spirit, teaching
them to observe everything I
have commanded you.

And remember, I am with you
always, to the end of the age.”

Matthew 28:18-20

TABLE OF CONTENTS

02. HOW WE USE THIS GUIDE

**04. CONVERSATION 1:
WHY, WHO, AND WHEN**

**08. CONVERSATION 2:
IDENTIFY POTENTIAL MEMBERS**

**11. CONVERSATION 3:
INVITING POTENTIAL MEMBERS**

**15. CONVERSATION 4:
CELEBRATE & COMMISSION**

19. HOW TO START MY NEW RD GROUP

20. RESOURCES

RD GROUP MULTIPLY GUIDE

HOW WE USE THIS GUIDE

As you approach the final three months of your RD 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 everything that has transpired in your group. Think about the peaks and valleys you have been through. Think about the growth you have experienced 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 thanks be to God 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, Grow 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 an RD Group on your own. That is why we developed the RD Group Multiply Guide. This is an interactive booklet to help you transition from your current group into your next group.

This resource will help facilitate four group discussions over the next three months:

RD GROUP MULTIPLY GUIDE

HOW WE USE THIS GUIDE

CONVERSATION 1 – WHY, WHO, AND WHEN

Approximately 12 weeks before your multiplication date

CONVERSATION 2 – IDENTIFY POTENTIAL MEMBERS

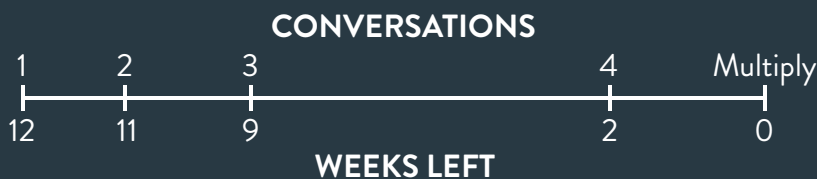
Approximately 11 weeks before your multiplication date

CONVERSATION 3 – INVITE POTENTIAL MEMBERS

Approximately 9 weeks before your multiplication date

CONVERSATION 4 – CELEBRATE AND COMMISSION

Approximately 1-2 weeks before your multiplication date



We added an episode from our Jersey Church Podcast for each conversation. These episodes will help maximize the conversations you will have within your group. Go ahead and subscribe to the podcast so you can listen to the episodes before you meet.

LEADER PREPARATION FOR CONVERSATION 1

NOTES

TIMELINE

Approximately 12 weeks before your multiplication date



PODCAST

Click here to listen

(podcasts.apple.com/us/podcast/jersey-church-podcast)

Episode: RD Group Multiply Guide – Conversation 1

CONVERSATION 1

WHY DO WE MULTITPLY?

Have someone from your RD Group read: Genesis 12:1-3, Matthew 28:16-20, 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 Gospel movement as we provide the same life-changing community to others that we have received from this group.

WHO WILL MULTITPLY?

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, does it seem like you are telling God, “**Not now.**” or like God is telling you, “**Not now?**” What makes you say this? **Should this barrier prevent you from starting a new group in some capacity and why?**

If you plan to lead an RD Group, what type of group will you lead?

- Adult RD Group
- Young Adult / College RD Group
- Student RD Group
- Family RD Group

If not, what is your plan to surround yourself in Biblical community and make disciples?

Commit to pray specifically for the Lord to supply everything each of you need to multiply.

WHEN WILL WE MULTIPLY

Multiplication works the best when your current group continues meeting until your new groups are ready to begin. Keeping this in mind, what would be the best target date for your group to multiply and start your new RD Groups?

MONTH _____ DAY _____ YEAR _____

NEXT WEEK _____

We will brainstorm names of people that we could potentially invite into our next RD Group. These people need to be men and woman of F.A.I.T.H. (Faithful, Available, Intentional, Teachable, Hungry). 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 our time together.

WHEN FURTHER PRAYER & DISCUSSION IS NEEDED

AM I READY TO LEAD AN RD GROUP?

In this first conversation, you discussed when your group will multiply and who will launch out and start new groups. This can come with mixed emotions. There will always be sadness over the group ending, excitement about new people getting to experience RD, and fear of stepping out in faith to lead.

Transitioning from a disciple to a disciple maker is a big step. So, what do you do when the difficulties that come with multiplying make it difficult to discern what the Lord would have you do next?

If you are having some hesitations with multiplying, take extra time this week to pray, think through, and answer the following questions.

Lord, are there any lies I am believing about myself that are keeping me from starting my own RD Group?

If so, how would You have me overcome these lies?

If not, is there any reason You see for me not being ready to lead a new RD Group alone?

If there is a reason, what would You have me to during this next season in order to prepare for multiplying down the road?

LEADER PREPARATION FOR CONVERSATION 2

NOTES

TIMELINE

Approximately 11 weeks before your multiplication date



PODCAST

Click here to listen

(podcasts.apple.com/us/podcast/jersey-church-podcast)

Episode: RD Group Multiply Guide – Conversation 1

CONVERSATION 2

IDENTIFY POTENTIAL MEMBERS

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 2-3 people He would have you invite into your RD Group.

Remember 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 RD 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 RD Groups. As you write down who you want to pray for, 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 a good fit for your next RD Group.

- ***Are they faithfully following Jesus in the current stage of their faith journey?***
- ***Are they available enough to fulfill the time commitment of an RD 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 RD Group members who they would answer positively for the three questions above. The two most helpful places to begin praying through future members is your Grow Group or Jersey Serve Team. They may also be friends, family members, neighbors, or co-workers.

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 you can pray for them in the weeks ahead.

GROUP EXERCISE

In the top box, write the names of people you think you should invite into your next RD Group.

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

MY POTENTIAL RD-GROUP:

_____	_____
_____	_____
_____	_____

CURRENT MEMBER: _____

CURRENT MEMBER: _____

CURRENT MEMBER: _____

CURRENT MEMBER: _____

IN TWO WEEKS

Spent 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 RD Groups up for success.

NEXT WEEK

Who wants to lead our next RD Group Meeting?

10 (See the example meeting on pg. 18)

LEADER PREPARATION FOR CONVERSATION 3

NOTES

TIMELINE

Approximately 9 weeks before your multiplication date



PODCAST

Click here to listen

(podcasts.apple.com/us/podcast/jersey-church-podcast/)

Episode: RD Group Multiply Guide – Conversation 3

CONVERSATION 3

INVITING POTENTIAL MEMBERS

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

A clear and faithful RD Group invitation is the foundation of a healthy group. A good 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's important for you to make an honest assessment of those you are planning to ask. There will be a temptation to invite someone who doesn't meet all the characteristics. For example, it may be someone you think needs to be in an RD Group, but may not necessarily want to be in one. You may even say something like, "I think an RD Group is what they need to become faithful." This should not be someone we push into a group, but instead allow them to continue to grow in a Grow Group until you can answer yes to all five characteristics.

An RD 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.full 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 an RD 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 an RD Group, we can expect an incomplete commitment from the group.

It is important to make sure the vision for the group is clear and the commitment level of the group is understood. When we faithfully describe an RD Group and people join with the right expectations, it will be much easier for your group to mature and multiply in the future.

On page 14 you will see the RD Group Overview. This is a 1-page summary of the vision, expectations, and commitment level. As you begin to have discussions with potential members, send them **this link**.

When you finish sharing the vision, a helpful question to ask is “Would this be something you are interested in and able to commit to?”

How and when do you expect to invite your list of potential RD Group members?

OVER THE NEXT 4 WEEKS

Use the RD 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 a video call).

NEXT WEEK

Who wants to lead our next RD Group meeting? (See the example meeting on pg. 18)

WHAT IS AN RD GROUP?

An RD Group is a closed group of 2-4 believers of the same gender who meet weekly for 12-18 months to mature and multiply through intentional relationships.

WHAT TO EXPECT

The graphic below shows what RD Group members commit to in their personal life (Weekly Disciplines) and the lifestyle of following Jesus that it leads to (M.A.R.C.S. of a Disciple).

WEEKLY DISCIPLINES

SCRIPTURE MEMORY
PRAYER & BIBLE READING
(F-260 OR NT-260)
H.E.A.R. JOURNAL
APPLICATION
EVANGELISM

M.A.R.C.S. OF A DISCIPLE

MISSIONAL
ACCOUNTABLE
REPRODUCIBLE
COMMUNAL
SCRIPTURAL

WEEKLY
DISCIPLINES
(WEEKLY INPUT)



MARCS OF A
DISCIPLE
(LIFETIME OUTPUT)

WHAT IS THE COMMITMENT?

- Offer yourself fully to the Lord as you anticipate a season of accelerated spiritual transformation.
- Meet weekly with your RD Group for approximately 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.
- Intentionally contribute to a climate of confidentiality, honesty, and transparency to edify others in your group and for your own spiritual growth.
- Pray weekly for the members of your RD Group and for the people around you who don't know Jesus.
- Pray and look for other people to invite into your next RD Group once your current group multiplies.

WHEN WILL WE MEET?

START DATE:

LOCATION:

DAY & TIME:

CONVERSATION 4

CELEBRATE & COMMISSION

CELEBRATE

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

How has this RD Group helped you continue to mature in Christ?

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

As sad as it is to no longer meet weekly, how will it be a blessing to multiply what we have experienced with future RD 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 the next page.

Who is currently committed to your next RD Group?

When will your group start? _____ / _____ / _____

How can this group pray for you specifically as you step out in faith to lead this group?

RD GROUP 1

LEADER NAME: _____

PRAYER REQUEST: _____

GROUP MEMBER: _____

RD GROUP 2

LEADER NAME: _____

PRAYER REQUEST: _____

GROUP MEMBER: _____

RD GROUP 3

LEADER NAME: _____

PRAYER REQUEST: _____

GROUP MEMBER: _____

RD GROUP 4

LEADER NAME: _____

PRAYER REQUEST: _____

GROUP MEMBER: _____

EXAMPLE RD GROUP MEETING

This week, we will continue our normal rhythm of our RD Group through 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 is set by the discernment of the lender. The times will vary depending on the length of your RD Group meeting and the amount of people in your group.

NORMAL RD GROUP RHYTHM

FELLOWSHIP

10 minutes – Spend the first few minutes catching up. If you want to be more structured during this time have each person share their “high” and “low” of the week.

SCRIPTURE MEMORY

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 & H.E.A.R. JOURNALS

30 minutes – Ask each person what verses they focused on for their H.E.A.R. Journal, then have them share in the order the verses appear in the week’s Bible reading. Ask each other follow up questions about what they share as the Spirit leads.

APPLICATION

15 minutes – Take a few minutes to write down how each person plans to specifically apply God’s Word in their life this week so you can pray for them. Often times this will come from their H.E.A.R. Journal. On other occasions it may come from something the Lord is impressing upon them during their prayer time or due to their present circumstances.

EVANGELISM

15 minutes – A great question to ask is, “**What next steps did you take in prayer, caring, and connecting with your One this week?**” Add each person’s next steps to what you have written down so far to pray about for one another and your One’s this week.

HOW DO I START MY NEW RD GROUP?

As you prepare to start your new group, we want to pray and care for you as you make disciples who 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 who has committed to join you, take a couple minutes and tell us about your new group. Even if you plan to lead an RD Group of non-Jersey members, we still want to send you practical tips as you lead and celebrate what the Lord does in your group.

STEP 2: GRAB AN RD GROUP STARTER

This is an interactive resource that walks a new RD Group through their first three weeks together. It introduces each aspect of the group to help ensure everyone is on the same page as you begin your disciple making journey.

STEP 3: START YOUR GROUP

Our team will be praying for you as you get started. Take a look on the next page for all the resources that we will provide as you make disciples who make disciples. Please contact us any time at disciple@jerseychurch.org with any questions you may have.

RESOURCES



JERSEY CHURCH PODCAST

Subscribe and share it with others for practical advice to equip you to care and connect people to Christ.

podcasts.apple.com/us/podcast/jersey-church-podcast

JERSEY CHURCH DISCIPLESHIP RESOURCES

- **F-260& NT-260 Bible Reading & Scripture Memory Plan**
- **M.A.R.C.S. Assessment**
- **RD Group Covenant**
- **RD Group Planning Form**
- **Sample H.E.A.R. Journal**

Find these and more at jerseychurch.org/discipleship-resources/

You, therefore, my son, be strong
in the grace that is in Christ Jesus.
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 2:1-2

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