

RE GROUP



STARTER GUIDE

A Relational Environment
with the Goal of
Accelerated Spiritual
Transformation



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All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.

—
Jesus

HOW TO USE THE STARTER GUIDE

The next few weeks of your life will be an exciting time as you enter a season of accelerated spiritual transformation. The RE-Group environment encourages us to engage with God's Word and His followers in a way that most of us never have before. As His Spirit works in our lives, it creates a passion to help others experience the same thing.

The RE-Group Starter Guide is an interactive guide that introduces each element of the group and helps your group start strong. We would encourage each member of the group to have a guide and use it to guide you through the first few weeks of meetings.

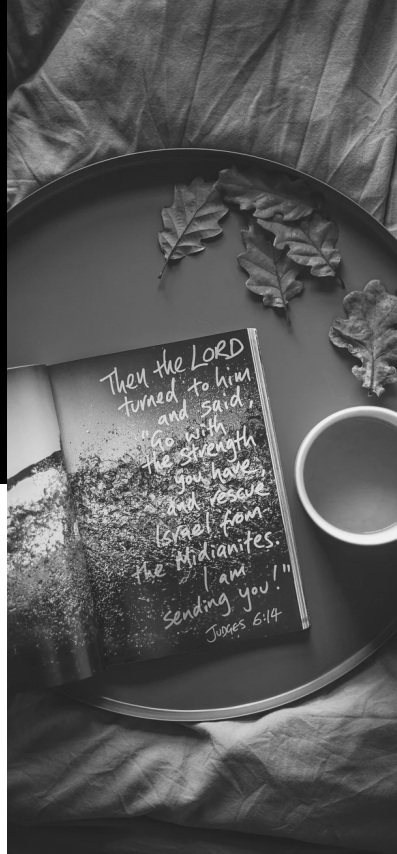
This resource will help your group have three important conversations:

WEEK 1 - GETTING STARTED

During the first meeting you will set clear expectations for the group and get to know one another. This guide provides a couple of simple exercises to help you lay a strong foundation for your group!

WEEK 2 - INTRODUCING H.E.A.R. JOURNALS & SCRIPTURE MEMORY

In the second week, you will begin to get into the rhythm of the five weekly disciplines. You will learn what a H.E.A.R. Journal is and why Scripture Memory is so important.



WEEK 3 - INTRODUCING ACCOUNTABILITY & PRAYER

During the third week you will continue your weekly rhythm through the disciplines while also introducing your second accountability question and explaining how you will pray for one another.

LEADER PREPARATION

At the beginning of each section, there is a page specifically designed to help leaders prepare for the discussion. It is not necessary for members to complete these tasks.

WEEK 1 NOTES & REMINDERS

Use the space below to take notes to help prepare for your RE-Group meeting.



Week 1

Welcome to week one of RE-Group! Today's meeting will look different than your normal weeks. You will focus on getting to know one another, setting expectations, and committing to one another. Get ready for the amazing weeks ahead!

Getting to Know One Another

Below is a list of questions you can discuss as a group. You most likely will not have time to go through all of them, but pick 1-2 and designate half your meeting time to discuss them.

- **Share a 2-3 minute version of your testimony.**
- **What are you most looking forward to in this group?**
- **Tell us about your family, work, career/school goals, and personal hobbies.**
- **What is one thing that you are excited or intrigued by right now?**

Note

In the future, you can spend more time getting to know one another. A great way to do this is by asking a different member each week to share their story in 7-10 minutes. Also, you can spend time talking about your "highs" and "lows" for the week.

SET EXPECTATIONS

It's important that we all have the same expectation for this group. Below is an breakdown of the RE-Group DNA. This chart and the next couple of pages explain what is unique about this RE-Group.

Weekly Disciplines

- Scripture Memory
- Bible Reading
- H.E.A.R. Journaling
- Accountability
- Prayer

Spiritual Growth

- Missional
- Accountable
- Reproducible
- Communal
- Scriptural

Weekly Input  Lifetime Output

Our Part

1 TIMOTHY 4:7-8 says, "Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promises for both the present life and the life to come."

We train in godliness by weekly committing to these five disciplines listed above.

- Which of the five weekly disciplines are you currently doing well?

- Which do you need to grow in the most?

God's Part

2 TIMOTHY 3:16-17 says, "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work."

HEBREWS 4:12 says, "For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."

Each of these verses speak to how the Holy Spirit uses God's Word to change our lives. Though we commit to the disciplines above, it is not our effort that changes us, but the Holy Spirit through His Word. The disciplines provide room in our lives for God to work.

WHAT WILL HAPPEN?

M MISSIONAL

A disciple lives life on mission, being intentional with those far from God.

A ACCOUNTABLE

A disciple is real to oneself, God, and others.

R REPRODUCIBLE

A disciple invests in others who are of F.A.I.T.H. (Faithful, Available, Intentional, Teachable, and Hungry)

C COMMUNAL

A disciple intentionally shares life with other believers.

S SCRIPTURAL

A disciple experiences intimacy with Christ through regularly reading, meditating, and obeying God's Word.





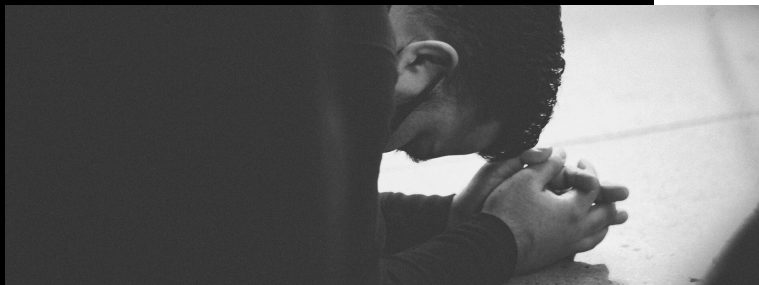
RE-GROUP COVENANT

OVER THE NEXT SEMESTER I WILL DO MY BEST...

- Give myself fully to the Lord during this time as I anticipate a season of spiritual transformation.
- Commit to this group and consider how I may best encourage and help others in their relationship with Jesus.
- Meet weekly with my RE-Group (60-90 minutes). When unable, I will stay involved by 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 every week for the other members of my RE-Group and those in my life who don't know Jesus.
- Pray and look for others in my life whom I can invite into a new RE-Group when my current group decides to multiply.

Signed Member

Date



WEEK 2 NOTES & REMINDERS

Use the space below to take notes to help prepare for your RE-Group meeting.



Week 2

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 RE-Group meeting and the amount of people in your group. Today, we will introduce two disciplines: H.E.A.R. Journals and Scripture Memory.

NORMAL RE-GROUP RHYTHM

FELLOWSHIP (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 (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 hearts, not just be able to recite it.

BIBLE READING & H.E.A.R. JOURNALS (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 (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 17.

PRAYER (10 Minutes)

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

WHAT IS A H.E.A.R. JOURNAL?

A H.E.A.R. Journal is a simple way to help you read the Bible with the intention of applying it. By asking four simple questions, you can understand and apply any passage. In addition, journaling is a great discipline because it helps you retain three times more of what you read. Every week, each of us will share a H.E.A.R. Journal and discuss what we have heard from God's Word. There is not a set amount of H.E.A.R. Journals that you must do each week, but the goal with this discipline, as with all of the others, is to improve as time goes on. Consider how often you currently journal and do "+1" of that. So, if you have never journaled, just try to do a couple a week. If you journal occasionally, try to do three times a week. The hope is that as you get more comfortable with this discipline and experience its benefit, you will want to increase this number throughout the year.

Take a look at the H.E.A.R. Journal example on the next page. As you read through your reading plan this week, create a H.E.A.R. Journal by using these four questions.

- H HIGHLIGHT**
What is a verse(s) that stood out to you in your reading?
- E EXPLAIN**
What is the author's intended meaning in the context of the passage?
- A APPLY**
What is the principle to live by today?
- R RESPOND**
How will I respond to the application in my relationships and/or situations this week?



H.E.A.R. JOURNAL SAMPLE

Read: Philippians 4:10-13

Date: 11-30-20

Title: Secret of Contentment

H (Highlight)

"I can do all things through Christ who strengthens me." Philippians 4:13

E (Explain)

Paul was telling the church at Philippi that he has discovered the secret of contentment. No matter the situation in Paul's life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

A (Apply)

In my life, I will experience many ups and downs. My contentment is not found in circumstances. Rather, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

R (Respond)

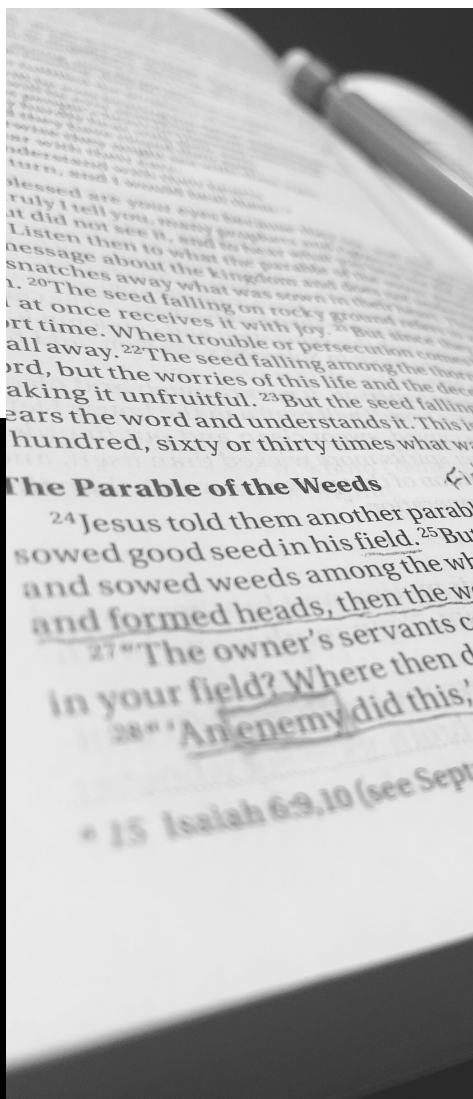
Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I must face.

GOOD APPLICATION QUESTIONS FOR EXAMINING A TEXT

A helpful framework to use when trying to discern what application you should take from a text is S.P.E.C.K.

- S SIN**
Is there a sin to confess or avoid?
- P PROMISE**
Is there a promise to keep?
- E EXAMPLE**
Is there an example to follow?
- C COMMAND**
Is there a command to obey?
- K KNOWLEDGE**
Is there knowledge of God I need to reflect on?

OUR GOAL IN DISCIPLESHIP IS NOT THE
TRANSFER OF INFORMATION BUT
TRANSFORMATIONAL RELATIONSHIP



HOW WILL WE DO SCRIPTURE MEMORY?

"I know of no other single practice in the Christian life more rewarding, practically speaking, than memorizing Scripture... No other single exercise pays greater spiritual dividends! Your prayer life will be strengthened. Your witnessing will be sharper and much more effective. Your attitudes and outlook will begin to change. Your mind will become alert and observant. Your confidence and assurance will be enhanced. Your faith will be solidified."

- Chuck Swindoll

Every week, we will have a verse that we will memorize from a Bible reading plan.

This is a largely neglected discipline that has an amazing benefit for the believer. The discipline's purpose is to store God's Word in our hearts (Psalm 119:11). For this reason, we do not want to only memorize verses, but to meditate on them as we do it. Once everyone recites the verse, the group will discuss what stood out to them as they meditated on it.

The more aligned our group is in this discipline, the more beneficial it will be.

Most groups will memorize the weekly verse given with the plans. Occasionally a group may want to memorize a longer passage. The group can decide this together along with what translation people prefer. Though it is not required to use the same translation, it benefits everyone when we are able to work as a team to say the same verse in the same translation. Lastly, we will periodically review verses that we have done in the past.

- What experience do you have with Scripture Memory?
- How could you see Scripture Memory being beneficial in your life?
- What verses will we commit to and what translation will we use?
- How can we be intentional about reviewing verses so that we don't forget them?

THIS WEEK

Continue reading and doing H.E.A.R. Journals. Also, begin memorizing and meditating on the weekly verse in your Bible reading plan.

WEEK 3 NOTES & REMINDERS

Use the space below to take notes to help prepare for your RE-Group meeting.



Week 3

This week, we will continue our normal rhythm of RE-Group through the five weekly disciplines. We will spend extra time on the accountability and prayer section as we introduce this element more fully into the group.

NORMAL RE-GROUP RHYTHM

FELLOWSHIP (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 (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 hearts, not just be able to recite it.

BIBLE READING & H.E.A.R. JOURNALS (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 (10-25 Minutes)

Our accountability time starts as we discuss our H.E.A.R. Journals and how we are responding.

In addition, we always discuss our ONE, “**How have you prayed for & invested in your ONE this week?**”

As a group, walk through the exercise on page 16.

If there is additional time in your group, you can discuss one of the accountability questions on page 17. If not, do this in the next few weeks.

PRAYER (10 Minutes)

Finish the time by having each person share something specific and personal that the group can pray for. A helpful way to finish the group is to have each member pray for the person on their right.

WHO IS YOUR ONE?

At Renew, we want every follower of Jesus to identify ONE person in their life who is far from God and intentionally pursue that person with the hope of the Gospel by praying, investing, and inviting. As a RE-Group, we continually encourage and hold each other accountable to be intentional with this relationship. Once you identify who this person is, we want to commit to doing three things:

- **PRAY** - We will pray daily for these names. We will ask God to make them aware of Christ's love and their need for Him (2 Cor. 4:4; Matt.13:15) and to give them the faith to repent and believe (Acts 20:21; Romans 10:9-10).
- **INVEST** - We will create ways to invest weekly in these people's lives. Our hope is to build a relationship where we can share Christ's love with them (1 Cor. 9:19-23). As we invest in someone's life, we build trust, which creates more opportunities to share the Gospel.
- **INVITE** - As we pray and invest, we invite them to the next right thing. The ideal would be to share your faith and invite them to enter into a relationship with Jesus Christ. When people aren't there yet, we can invite them to belong in our community before they believe. We do this by inviting them to events like Midweek, RE-Groups, Sunday morning, or an outreach event.

During the accountability time of our RE-Group each week, we will ask "How have you been praying and investing in your ONE this week?" How exciting would it be if they come to know Jesus and then joined your next RE-Group!

Take a moment and identify one person in your life who either doesn't have a relationship with Jesus or is disengaged with the local church or in their faith. This person should be someone you see on a regular basis (Example: your roommate, a close friend, classmate, teammate, etc). Once you identify this person, write their name down and share a little about this person with the group.



(FIRST NAME ONLY)

PRAY DAILY

INVEST WEEKLY

INVITE TO THE NEXT RIGHT THING

ACCOUNTABILITY QUESTIONS

Core Questions

Each week, we ask these two questions:

- Which of your H.E.A.R. Journals stood out the most to you this week and what are you doing about it?
- How have you been praying for and investing in your ONE this week?

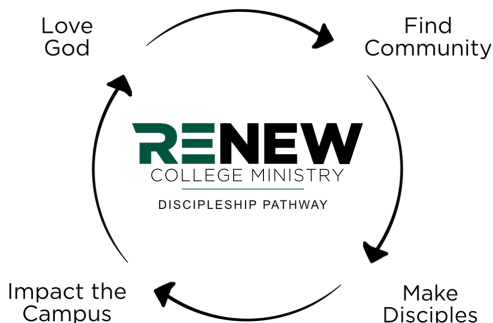
Additional Questions

When there is additional time, we may ask the following questions. One suggestion is to ask each person to circle the question that they need to be asked the most often.

- Have you honored God with your thoughts, words, and actions this week?
- Have you spent quality time with your family and/or friends this week?
- Have you given in to any addictive behavior this past week? (alcohol, tobacco, video games, work, TV, pornography, etc.)
- Have you damaged another person by your words, either behind his or her back or face-to-face?
- Have you participated in anything unethical this week? Have you been completely honest with your answers?

DISCIPLESHIP PATHWAY

In order to clarify and accomplish our mission, there is a pathway we follow and let guide our focus...



LOVE GOD

THROUGH WEEKLY WORSHIP & TEACHING

Renew is a college ministry that loves to worship together. Whether it's Sunday mornings worship, Wednesday night Midweek, or special events throughout the year, we strive to provide powerful environments and experiences that allow you to come to Christ in worship. Attending one of our Midweeks is a great way to check out the ministry for the first time, and can be the first step on the Discipleship Pathway.

FIND COMMUNITY

IN DAILY LIFE & WEEKLY MINISTRY GATHERINGS

At Renew, we believe spiritual growth & friendships are important. For that reason, we challenge every person to do life with other believers. Every gathering of our ministry and every day at our campus house is an environment of biblical community where people can feel welcome and accepted (BELONG), encounter Christ and His Word (BELIEVE), and make disciples and group multipliers (BECOME). We spend time with God's people and in God's Word through weekly worship and Bible study, hanging out together regularly and serving together often. We have gatherings in various locations and at various times throughout the school year.

MAKE DISCIPLES

IN WEEKLY GROUPS OF 3-5 STUDENTS

Discipleship is an important process for every believer that provides intimate friendships, a relational environment of accountability, and most importantly, it cultivates a life rooted deeply in God's Word. The third step in the Discipleship Pathway is to participate in a RE-Group. "RE" stands for Relational Environment. We believe discipleship flies best on the wings of relationships. A RE-Group is a gender-specific, closed group of 3-5 believers who meet together weekly for the purpose of accelerated spiritual transformation. If you want to join a RE-Group, talk with a ministry leader! If you already have 2-4 friends who want to start a RE-Group, we can help you launch and lead a new RE-Group. Our leaders will provide helpful resources that will remove the intimidation of leading.

IMPACT THE CAMPUS

THROUGH EVANGELISM, SERVICE, & MULTIPLYING

The final step of the Discipleship Pathway is to join God in His work to impact the campus and ultimately the world. Our ministry exists to equip and send the body of Christ to multiply disciples, reach the lost, serve the hurting, plant other ministries, and join God wherever He's at work. From local opportunities to mission trips here and across the globe, you'll find opportunities to follow God where He's leading you. There are a number of opportunities to change lives at Arkansas Tech and life beyond college by using your time and talents to lead, volunteer, and disciple! Whatever your area of giftedness, find a place to serve and witness today!

RENEW COLLEGE MINISTRY

For more information on Renew College Ministry and our Discipleship Pathway, visit www.renewatu.org.

Follow us on social at @renewatu!



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