



The Growing Up Almanac

A 13-WEEK LEADER'S GUIDE

ROBBY GALLATY



Week 1

Foreword

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.

Questions

What are your goals as you start this discipleship journey?

In your own words, explain the purpose of a D-Group.

What steps can be made to guarantee that a D-Group is transformational and not just informational?

Assignments

1. Read next week's memory verses—Matthew 9:36-38—and discuss their meaning.
2. Remind the group to read the *Introduction* and memorize the verses for the upcoming week.
3. Have the members of your group list their expectations of a D-Group and what they think the results should be. As the group reads through *Growing Up*, encourage them to expand upon or reevaluate their expectations.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Week 2

Introduction

Summary of the Introduction

Many books have discussed discipleship methodologies, but few create a game plan for disciple-making. They leave the reader questioning: “Where do I go from here? What now?” Robby introduces the acronym **C.L.O.S.E.R.** (pp. xxii-xxiii) as an outline for the book. Following these aspects of discipleship will help the reader get a D-Group off the ground.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week’s D-Group meeting.
3. Have each member cite the previous week’s memory verses: Matthew 9:36-38.

Questions

How much of its resources does your church dedicate to overseas missions? Local missions? Worship services? Building projects? What about disciple-building projects?

Read Matthew 28:19-20. Does your church's allocation of resources reflect the gravity of discipleship? What about your life? Do you dedicate an adequate amount of your resources to discipling and being disciplined? If not, how can you make a greater investment in discipleship? If so, how can you make a greater investment in discipleship?

Explain in your own words what a healthy D-Group looks like (see p. xxii).

Assignments

1. Read this week's memory verses—Hebrews 12:1-2—and discuss their meaning.
2. Remind the group to read *Chapter One* and memorize the verses for the upcoming week.
3. Tell your D-Group to memorize the six ways that a disciple can grow a **C.L.O.S.E.R.** walk with Christ:
 - **C**ommunicate with God through prayer;
 - **L**earn to understand and apply God's Word to your life;
 - **O**bey God's commands;
 - **S**ore God's Word in your heart;
 - **E**vangelize (share God's Word with others);
 - **R**enew yourself spiritually every day.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.

- Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Week 3

The Difference that Made the Difference

Summary of Chapter One

Robby puts himself forward as an example of what God-empowered discipleship can do. This can certainly work with others, but modern churches seem to place disciple-making on the back burner. He demonstrates that this devaluation of discipleship comes, in part, from ignoring the ministry method of Jesus. Jesus was not only the ultimate sacrifice for man's sins, he was the master disciple-maker! Further, he alludes to the dangers of discounting the place of disciple-making and gives his readers a basic set of goals for which to strive: be discipled; make disciples; help your disciples make disciples.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.
3. Have each member cite the previous week's memory verses: Hebrews 12:1-2.

Questions

Remember how you felt when you came to Christ. Did someone come alongside you to assist you in growing in your newfound faith? How did he or she do so?

For those of you who have been discipled, what are some ways you have benefited from discipleship?

In your opinion, why hasn't discipleship been a priority for the Church? Has it been a priority for you?

Consider Jesus' four-step process for making disciples (pp. 11-12). Why is it an effective strategy?

What style of ministry have you embraced? Are you a creator or a consumer?

Assignments

1. Read this week's memory verses—Matthew 28:19-20—and discuss their meaning.
2. Remind the group to read *Chapter Two* and memorize the verses for the upcoming week.
3. Have your group reflect on Robby's testimony this week. God graciously saved him from a life of rampant drug use, lying, cheating, and stealing. From what has Christ saved your D-Group members? Have them list some of the things that have changed about their life since God removed them from the darkness and placed them in his glorious light (cf. Eph. 5:8). Have them question where they might be without God's gift of grace through Christ.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Week 4

The Great Confusion

Summary of Chapter Two

There is a great deal of confusion surrounding the method of discipleship. Using the three aspects of discipleship outlined in Matthew 28:19-20 as a basis—*go, baptize, teach*—Robby teaches the reader what it means to be both a disciple and a disciple-maker. Further, he discusses the obstacles to completing our Christ-commissioned tasks.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.
3. Have each member cite the previous week's memory verses: Matthew 28:19-20.

Questions

The three aspects of the Great Commission are *go, baptize, and teach*. Are you engaged in all three? If not, what measures should you take to do so?

What is the distinction between being a disciple and being a Christian? Would you consider yourself to be a disciple?

What are some steps your church needs to take to become a disciple-making church?

Can you identify each of the three relationships in your life: Paul, Barnabas and Timothy? If not, who are potential individuals who could fill these roles?

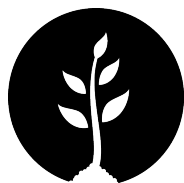
If you only had three years left to live, in whom would you invest? How would you prioritize your time?

Assignments

1. Read next week's memory verses—2 Timothy 2:1-2—and discuss their meaning.
2. Remind the group to read *Chapter Three* and memorize the verses for the upcoming week.
3. Ask your D-Group members to evaluate their Paul, Barnabas and Timothy relationships this week. If they do not have a person or persons to fill one or more of these roles, encourage them to pray every day this week that God might establish those relationships.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Week 5

The D-Group: A Blueprint

Summary of Chapter Three

Robby provides a blueprint for a God-honoring, disciple-building D-Group. He shows that a closed, small group of three to five people of the same gender can facilitate community in Christ and accountability to the Lord and to one another.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.
3. Have each member cite the previous week's memory verses: 2 Timothy 2:1-2.

Questions

Does your church reflect a *Nupedia* model, or a *Wikipedia* model?

Have you ever confused a D-Group with a small group or Bible study? How are the two types different?

Why is accountability important? To whom are you currently holding yourself accountable?

What are the four aspects of accountability? Why are they essential?

What are the benefits of having a D-Group consisting of three to five people? What are some of the potential challenges to this group size?

Assignments

1. Read this week's memory verses—John 13:34-35—and discuss their meaning.
2. Remind the group to read *Chapter Four* and memorize the verses for the upcoming week.
3. Ask the members of your D-Group if they have an accountability partner. Encourage those who do not to pray that God might present someone with whom they might stay accountable. If one is already available, tell them to propose the formation of an accountability partnership.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Week 6

No Pain, No Gain: Spiritual Exercise

Summary of Chapter Four

Robby introduces the spiritual disciplines—one of the primary forces behind spiritual growth. By using the words of the Apostle Paul in 1 Timothy, he presents the goal of one's pursuit of spiritual discipline: godliness.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.
3. Have each member cite the previous week's memory verses: John 13:34-35.

Questions

In your own words, define "godliness."

What can we learn about godliness from the biblical example of Enoch?

What is the purpose of our pursuit of godliness?

Make a list of some of the ways God has used change agents (i.e., people, circumstances, and spiritual disciplines) in your life for spiritual growth.

What do you think of when you hear the word “discipline.” Do you cringe or do you rejoice? Read Hebrews 12:5-11 and identify the reason we are disciplined and what the results of discipline can be.

What steps can you take to discipline your inner man? What course corrections need to be made in your life today?

Assignments

1. Read this week’s memory verses—1 Timothy 4:7-8—and discuss their meaning.
2. Remind the group to read *Chapter Five* and memorize the verses for the upcoming week.
3. Tell your group members to write a letter to the person who most affected their spiritual life. Have them place emphasis on thanking the person and assuring them they are being prayed for this week.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Week 7

COMMUNICATE: Knocking on Heaven's Door

Summary of Chapter Five

Robby examines one of the most powerful spiritual disciplines—prayer—by delving into the prayers and prayer-life of Jesus. He then gives practical tips on developing a dynamic prayer life that have been derived from the story of Jesus and Robby's own personal walk with Christ.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.
3. Have each member cite the previous week's memory verses: 1 Timothy 4:7-8.

Questions

On a scale of one to ten, ten being the highest, how would you rate your prayer life?

Who do you know that could be your prayer partner? How would having someone like this affect your prayer life and accountability?

Consider the disciples' request, "Lord, teach us to pray," in Luke 11:1. What prompted them to make this request? What are some ways you can improve your prayer life?

What spiritual stones need to be stacked in your life? How big is your pile?

What changes must you make in your schedule in order to rise early for prayer?

Have you stopped praying for something or someone because God did not answer your prayer on your timetable? What was it? Was it correct to stop, or should you have waited on the Lord?

List three people who are far from God for whom you can pray over during the next few weeks.

Assignments

1. Read this week's memory verses—Philippians 4:6-7—and discuss their meaning.
2. Remind the group to read *Chapter Six* and memorize the verses for the upcoming week.
3. Tell the group to go to one of the three people they listed above and invite them out for lunch or coffee. Tell them to use this time to share how God is working in their own life, but encourage them to place emphasis on discussing the spiritual condition of their friend.
4. Tell the group to abstain from their favorite activity this week and use the time for prayer and meditation on the Word of God.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Week 8

LEARN: Mining for Gold

Summary of Chapter Six

Many Christians believe they are not enlightened enough to read the Bible, using this as an excuse not to study the Scriptures for themselves. Robby corrects this dangerous sentiment by appealing to the Holy Spirit, who has been given to believers in order to lead them into all truth. He encourages the readers to study the Bible using a three-step process—Observation, Explanation, and Application—and demonstrates this method’s effectiveness through a test case.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week’s D-Group meeting.
3. Have each member cite the previous week’s memory verses: Philippians 4:6-7.

Questions

Have you ever had a difficult time reading God’s Word? If so, has it ever made you want to quit? Is there one passage in particular that has given you trouble? Examine it as a group.

Why is context important for interpretation? What could happen if the context of a passage were not taken into consideration?

Why are observation and explanation essential in the interpretive process?

What is the goal of application? What can happen if a text is misapplied?

Assignments

1. Read this week's memory verses—2 Timothy 3:16-17—and discuss their meaning.
2. Remind the group to read *Chapter Seven* and memorize the verses for the upcoming week.
3. Tell the group to read John 14:14 this week. Have them apply what was learned about context to determine the proper application. Each member should write two to three pages detailing their observations, interpretations, and potential applications. These separate studies can be compared the following week or at the leader's discretion.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Week 9

OBEY: Follow the Leader

Summary of Chapter Seven

Many Christians go to church, hear a message, and walk away as though they had heard nothing at all. Robby calls his readers to be not only those who are taught, but greater, those who are transformed by what they learn. Disciples should “know” Christ by “knowing” his commandments. This knowledge should lead to love, which should naturally precipitate into obedience.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week’s D-Group meeting.
3. Have each member cite the previous week’s memory verses: 2 Timothy 3:16-17.

Questions

Why is Jesus’ prayer in John 17 significant? How does this prayer affect your life as a believer?

What is the difference between the knowledge of God and knowing God? How does your answer affect the way you act, live, and behave?

List the three roadblocks to following Jesus in Luke 9:57-62. What roadblocks impede your relationship with Christ?

Describe the relationship between *knowing*, *loving*, and *obeying* God. Does this motivate you to study the Bible? If so, how?

Assignments

1. Read this week's memory verse—2 John 1:6—and discuss its meaning.
2. Remind the group to read *Chapter Eight* and memorize the verse for the upcoming week.
3. Tell your group to write down at least three areas in their life that need to be submitted to the lordship of Christ and the reason or reasons why they may be hesitant to do so. Ask them to pray about these aspects and to take steps to demonstrate that they are committed to this process of sanctification.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Week 10

STORE: An Eternal Investment Strategy

Summary of Chapter Eight

Robby challenges the reader to consider the importance of Scripture memorization. He explains how true meditation on the Word of God leads naturally to its retention within and transformation of the mind. Robby also provides a practical plan for memorizing through meditation: *Picture It, Ponder It, Personalize It, and Pray Over It*.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.
3. Have each member cite the previous week's memory verse: 2 John 1:6.

Questions

Read Psalm 1:1-4. Identify the benefits of meditation. Consider how these benefits will impact your daily walk with Christ.

With the “tea bag” analogy in mind, think about what steps need to take place for the Word to saturate your life.

Take a second look at Psalm 1 with the four-fold method for meditation: *Picture It*, *Ponder It*, *Personalize It*, and *Pray Over It*. Did you understand the text in a deeper way? How so?

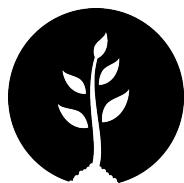
List barriers that have prevented you from memorizing Scripture in the past. What steps will you take in order to remove these barriers?

Assignments

1. Read this week's memory verses—Psalm 1:1-2—and discuss their meaning.
2. Remind the group to read *Chapter Nine* and memorize the verses for the upcoming week.
3. Tell your group to read Psalm 1 three times a day for the full week. They will be surprised at how much they will remember without trying to memorize!

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Week 11

EVANGELIZE: Show and Tell

Summary of Chapter Nine

Robby discusses the importance of evangelism in relation to discipleship, which he suggests are “two oars attached to the same boat.” Robby explains that the true measure of success in our respective ministry of evangelism is not the positive response of people, since God is in control of the act of regeneration. Rather, we are successful evangelists if we proclaim the gospel of Christ. Additionally, Robby discusses the significance of keeping one’s message pure, being prepared to give a defense of one’s beliefs, planning a presentation of one’s testimony, and developing relationships with people, as opposed to presenting a rehearsed “spiel.”

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week’s D-Group meeting.
3. Have each member cite the previous week’s memory verses: Psalm 1:1-2.

Questions

The departing words of Jesus in Matthew 28:19 begin with the word “go,” which literally means “as you are going.” Think about your daily and weekly routine. “As you are going,” with whom can you share the gospel?

How does a better understanding of the doctrine of regeneration motivate you to share the gospel?

In your own words, explain the essence of the gospel. What are the four elements that should be included?

As a group, practice the way that you might share the gospel with an unbeliever.

Assignments

1. Read this week's memory verse—1 Thessalonians 2:8—and discuss its meaning.
2. Remind the group to read *Chapter Ten* and memorize the verse for the upcoming week.
3. Create a mock discussion between yourself and an imaginary potential Christian. Write how you would share your testimony and the gospel, anticipating an unsaved person's reactions. Write a personal testimony that can be shared within three minutes.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.

- Pray that God would open a door to witness to someone who is lost in your community.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.



Week 12

RENEW: H.E.A.R.ing from God

Summary of Chapter Ten

Robby explains the importance of the spiritual discipline of Bible intake and shares practical ways to consistently read and journal through the pages of Scripture.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.
3. Have each member cite the previous week's memory verse: 1 Thessalonians 2:8.

Questions

How do we get to know God?

Do you view the Word as spiritual nourishment for your soul? If so, in what ways do you believe the Bible is nourishing you?

Describe your pattern of reading the Bible over the last few months? Based on this pattern, do you believe you are spiritual enriched?

Humans generally make plans and set goals. Why is having a Bible reading plan so important?

According to Robby, what is the best translation of the Bible (see p. 149)?

As a group, read Psalm 119:1-18. Focusing on vv. 10-11, help each other create a H.E.A.R. journal entry (a template is on the following page).

Assignments

1. Read this week's memory verses—John 1:1-2—and discuss their meaning.
2. Remind the group to read the *Afterword* and memorize the verses for the upcoming week.
3. Tell your group to journal Philippians 4:10-13 using the H.E.A.R. method (Highlight, Explain, Apply, Respond) this week.

Conclusion

1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group throughout the week.

Highlight

Explain

Apply

Respond



Week 13

Afterword

Summary of Afterword

Robby shares the importance of developing godly habits and challenges his readers to make disciples who make disciples.

Session Activities for Cultivating Disciples

Introduction

1. Have each member share about their week.
 - Have there been any blessings? If so, has this led to thanksgiving?
 - Have there been any challenges? If so, how has the individual handled such challenges?
2. Pray for the guidance of the Spirit during this week's D-Group meeting.
3. Have each member cite the previous week's memory verses: John 1:1-2.

Questions

Why is it so important to develop godly habits?

What is the significant truth Robby highlights by means of the illustration of the Queen's Baton Relay?

If you are not part of a D-Group, who are three to five people of the same gender as yourself that you could meet with to pray, study the Bible, and memorize Scripture in an accountable relationship (i.e., a D-Group)?

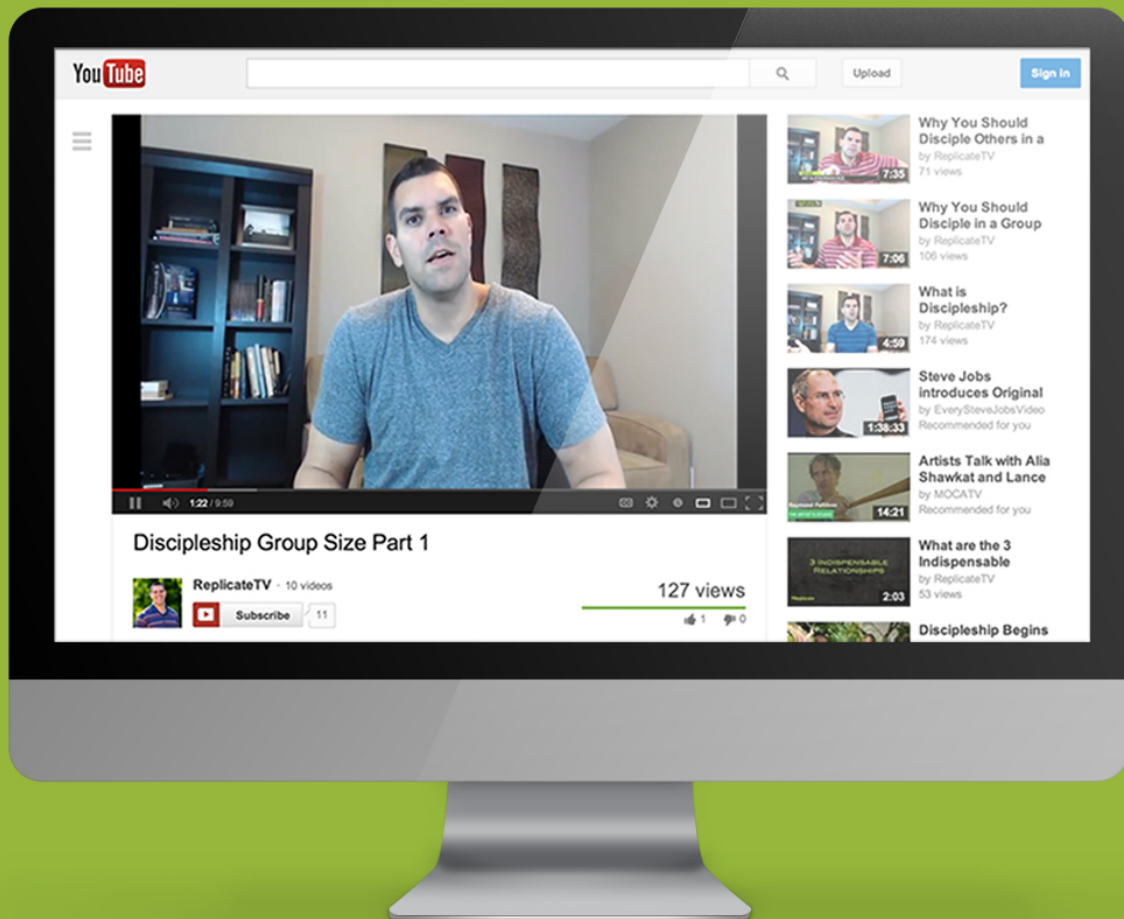
Assignments

Spend some time reviewing the book. Ask the group what has been the most valuable lesson learned from *Growing Up*. Pray that the Lord would constantly remind you of that lesson and ask that it would transform your interactions with the lost, with Christians, and with God our Father.

Conclusion

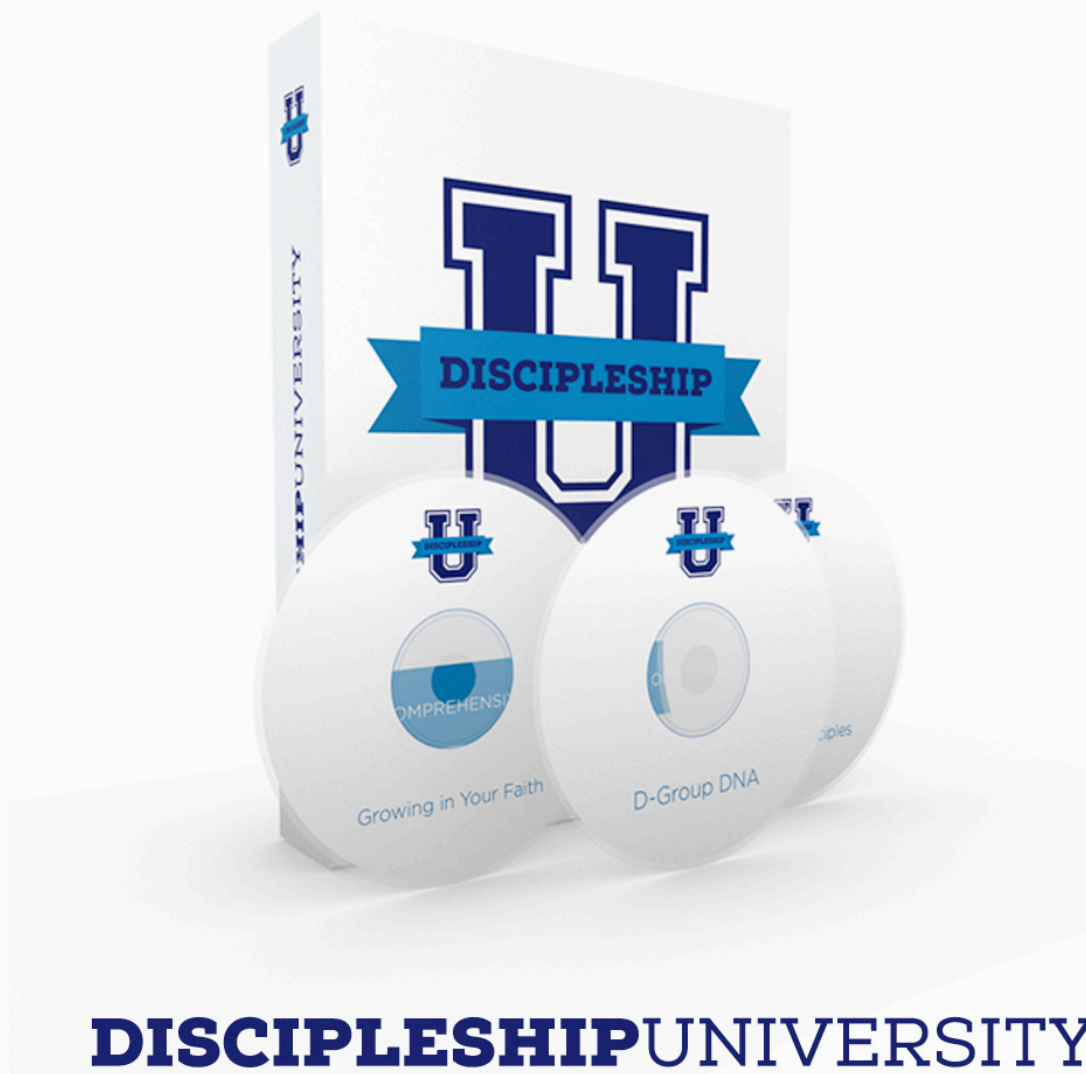
1. Spend time in prayer.
 - Ask each member to share any prayer requests or praises.
 - Pray specifically for each member of the group.
 - Pray that the Spirit would use what was learned this week to cultivate stronger relationships with God and the other members of the D-Group.
2. Emphasize the importance of staying in contact with and praying for each member of the group.

REPLICATE TV



Weekly videos answering
basic discipleship questions

replicateministries.org



DISCIPLESHIPUNIVERSITY

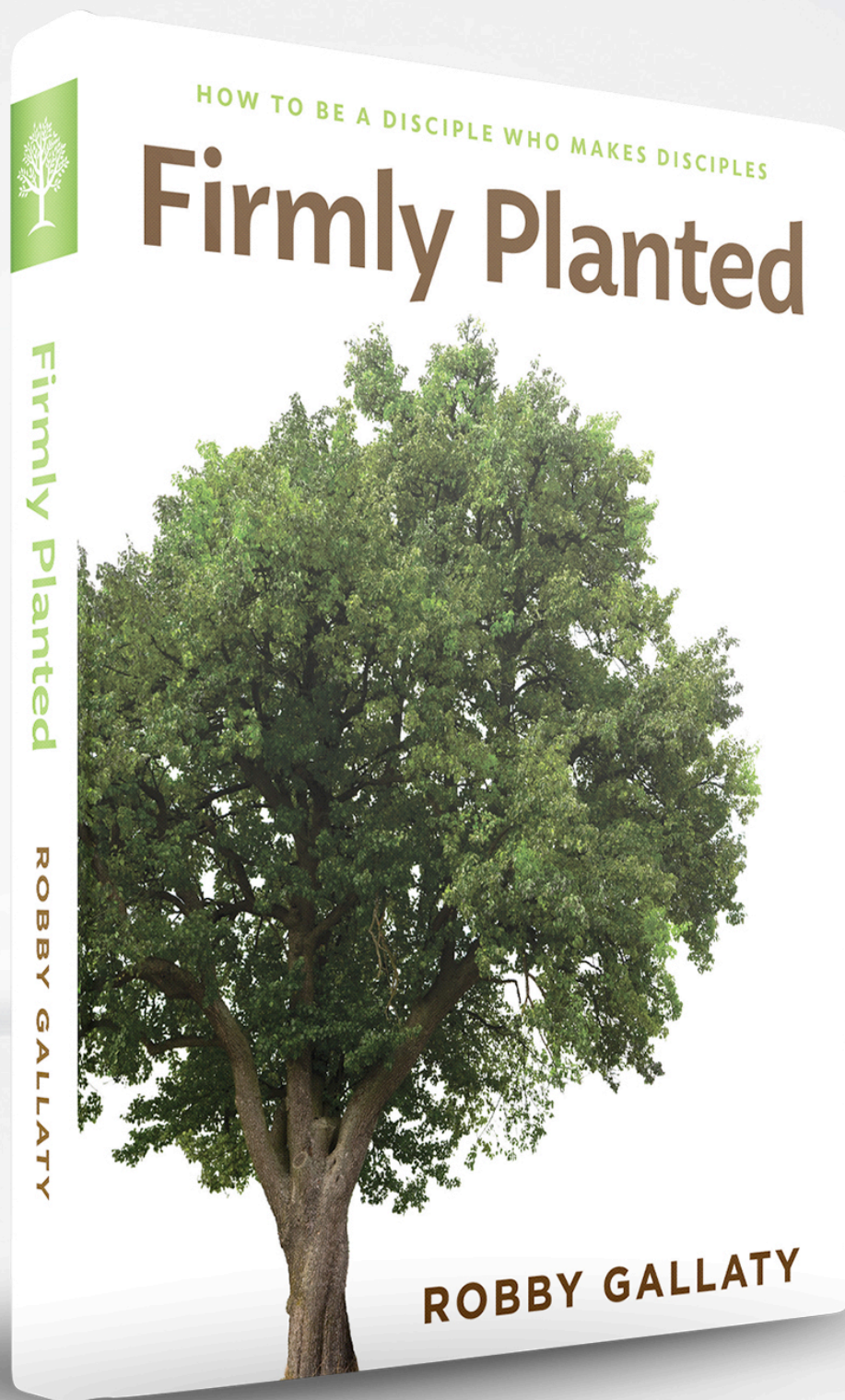
A comprehensive video course on discipleship

Topics include:

- Why Make Disciples
- What to Do Before You Get Started
- D-Group DNA
- How to Be a Disciple Who Makes Disciples
- Growing in your Faith
- Bearing Fruit
- Answers to Commonly Asked Questions
- How to Replicate a Discipleship Group

replicateministries.org/training

BOOK TWO
COMING IN 2014



REPLICATEMINISTRIES.ORG