

# JOURNEY GROUP

## STRATEGIC PRAYER FOCUS

Each of you in your group identifies two or three for whom you feel led to pray about their relationship with God. List on each of your cards the names of all those your group identifies so that all of you can pray together for these people. We suggest you keep this card in your Bible as a bookmark for your daily reading so that each time you open your Bible you are reminded to pray for these people.

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1. God, draw \_\_\_\_\_ to Yourself. (John 6.44)
2. Holy Spirit, show \_\_\_\_\_ his/her need for Jesus' love. (John 16.7-14)
3. God, send someone who will share the good news about Jesus with \_\_\_\_\_. (Matthew 9.37-38)
4. Give me or \_\_\_\_\_ the opportunity, the courage, and the right words to share with \_\_\_\_\_. (Colossians 4.3-6)
5. May \_\_\_\_\_ seek to know You. (Acts 27.37)
6. Prevent \_\_\_\_\_ from being blinded to You. (2<sup>nd</sup> Corinthians 4.4; 2<sup>nd</sup> Timothy 2.25-26)
7. May \_\_\_\_\_ hear and believe Your Word for what it really is. (1<sup>st</sup> Thessalonians 2.13)
8. God, may \_\_\_\_\_ follow Jesus. (Acts 17.30-31; 1<sup>st</sup> Thessalonians 1.9-10)
9. May \_\_\_\_\_ put all his/her trust in Jesus. (John 1.12; 5.24)
10. Jesus, let \_\_\_\_\_ profess You as Lord, take root and grow in faith, and bear fruit for Your glory. (Romans 10.9-19; Colossians 2.7; Luke 8.15)

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# JOURNEY GROUPS

**DRAWING ON THE STRENGTH OF  
TWO OR THREE TO BE  
STRONGER,  
MORE COURAGEOUS,  
AND BOLDER  
IN OUR DAILY JOURNEYS**

**Be strong and courageous; do not be  
frightened or dismayed, for the LORD  
your God is with you wherever you go.**

**Joshua 1.9**  
*(Older Testament of the Bible)*

## WHAT IS A JOURNEY GROUP?

A JOURNEY GROUP is made up of two or three people, all of the same gender, who meet once a week for spiritual growth and development through Bible reading and mutual accountability.

## WHAT ABOUT LARGER GROUPS?

It is recommended that groups do not grow past three members but, rather, multiply into two groups of two once a fourth person has proven faithful to the process.

There are several Biblical reasons why a smaller group of two or three is better than a larger group when it comes to equipping and multiplying disciples:

- **Community.** Life change does not occur in a vacuum; it happens in relationship with others. From the beginning, God has said it is not good to be alone. We need each other for strength and support. (See Ecclesiastes 4.9-12 and Proverbs 27.17)
- **Accountability.** Few things would get done in life without some degree of accountability. The Newer Testament of the Bible lists at least twenty-eight different *One-Another* commands. There is no doubt we need one another to live the life Jesus intends for us. (See 1st Timothy 5.19)
- **Confidentiality.** It is easier to maintain confidentiality in a group of only two or three rather than in a larger group of ten or twelve. The Lord specifically designated that two or three is best for the confession of sin. (Matthew 18.15-17)
- **Flexibility.** It is much easier to coordinate the calendars of only two or three rather than a typical small group of ten or twelve. A JOURNEY GROUP can meet anywhere! (Matthew 18.20)
- **Reproducibility.** It is easier to reproduce a smaller, simpler group than a larger and more complex one. Perhaps that is why Jesus commanded us to make more disciples rather than cell groups or churches. Transformed disciples in community is the base unit for the Kingdom of God. (See 2<sup>nd</sup> Timothy 2.2 and Matthew 28.18-20)

## WHAT HAPPENS IN A GROUP?

There are only three tasks to be accomplished in a Group:

1. **Scripture is Read Repetitively.** The power of this ministry is the unleashing of God's Word in the lives of people. Jesus made it clear that the Word of God is the seed of new life (Luke 8.11, 15). To expect lives to be changed and to bear fruit without first planting the seed is foolish and disappointment will result.

Each group decides which book of the Bible they will read that week. The goal is to create an internal appetite for the rich Word of God so that a larger volume of Scripture is desired. Think about a minimum of 25-30 chapters per week. If a group chooses a smaller book (such as Jonah or Ephesians), you will read it five times in the chosen week. A moderate sized book (such as Romans or 1<sup>st</sup> Corinthians) would be read twice in a week. A lengthy book (such as Proverbs or Acts) would be read once in its entirety during the week.

When the JOURNEY GROUP meets, each member reports whether s/he completed the reading. If any one person was unable to complete the reading, the whole group reads the same thing again the next week. *This is not a bad thing!* Reading entire books in repetition, in context, and in community yields rich rewards. The group can either decide together what Book they will read next or alternate who chooses the book each time.

2. **Souls are regularly prayed for specifically.** The card at right also functions as a Bible bookmark to remind JOURNEY GROUP participants to pray specifically for each of the people named on your cards. Each member of the JOURNEY GROUP identifies two or three people who do not yet have a relationship with Jesus. The names of these people are written on the bookmark of every member of the JOURNEY GROUP to remind you to offer your prayers for those on the list.

Those who respond to your prayers will become perfect candidates for the next JOURNEY GROUP. As a result, your group can multiply naturally and spontaneously and in a way that the whole group can celebrate together.

3. **Sin is Confessed in Mutual Accountability.** Since there is strength in relationships that are built around supporting one another, the first thing JOURNEY GROUP participants do is ask each other the *Character Conversation Questions* on the fold. The meetings start here because it is easy to lose time talking about other things. It is also helpful to begin with the confession of sin to set a tone of openness and honesty for the rest of the meeting. As such, your group must be a safe place. The questions are straight forward and each person takes turns answering the same question. The confession of sin prepares the soil of people's hearts for the Word of God they are reading each week.

## CHARACTER CONVERSATION QUESTIONS

As an aide to accountability, ask one another these questions in each of your weekly JOURNEY GROUP meetings (Proverbs 27.17). Except for Question 6 and the second half of Question 10, questions require only a "yes" or "no."

These questions are meant to stimulate conversations about our character and integrity and to encourage confession of sin in a safe environment which values honesty, vulnerability, confidentiality, and grace.

1. Have you been a testimony this week to the greatness of Jesus Christ with both your words and actions?
2. Have you lacked integrity in any financial dealings or coveted something that did not belong to you?
3. Have you intentionally exposed yourself to sexually alluring material or allowed your mind to entertain inappropriate thoughts about another person this week?
4. Have you been honoring, understanding, and generous in your important relationships this week?
5. Have you damaged another person by your words, either behind their back or face-to-face?
6. Have you given in to an addictive behavior this past week? Explain.
7. Have you continued to remain angry toward another?
8. Have you secretly wished for another's misfortune?
9. \_\_\_\_\_  
(your personal accountability question)
10. Did you finish the reading and hear from God? What are you going to do about it?
11. Have you been completely honest with us?