



STARTING A DISCIPLESHIP GROUP

Your Quick Guide

The Rev. Christopher Martin and the Very Rev. Kate Carroll have helped others start D-Groups for over a decade. They are in D-Groups themselves and are profoundly grateful for the central place they play in their lives.

What is a Discipleship Group?

We call them D-Groups for short, but they are so much more than Small Groups

they are confidential. trust, safety, and intimacy are table-stakes

you decide the size. well, you and the Holy Spirit

you find your voice. sharing stories & lived experiences identifies who you are

they make Christian practices actionable. integrating & strengthening in your life

they are yours to create. what are your other reasons?

Why Start or Join a Discipleship Group?

In our experience, people start them for support, love and community in Christ... often around an itch that needs to be scratched: How do I be a better Dad? I want to be with other women who are my age and stage. I'm retiring...what do I do next?

Sometimes, shared life experiences or challenges can make great ways to connect. Other times, it's emotional or spiritual struggles that connect people who otherwise have very different demographics. People stay because they discover that D Groups are the best way to discover God's will in their lives.

How to Get Started!

Talk with your Church leaders. they can help you identify those who may be interested, have good chemistry with you, or have similar questions and needs.

Think of one person – just one. look around at gatherings, think back on nice times with fellow parishioners on Sundays or Church events.

Find a place and time. grow and expand from there!

*We Are
Here To
Help You!*

The Rev. Christopher Martin and the Very Rev. Kate Carroll

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Be patient and trust the spirit. Often it can take a few weeks or months before a D Group gathers for the first time. Gentle persistence can yield a group who will be your fellow Christian pilgrims for years to come.

Meet Kate's D Group

- 9 years
- five women, ages 50-90s
- meet weekly in person
- text when need prayer or support

The group supported Kate through a divorce and into a second marriage. They were even “flower grannies” at her wedding. They give each other support such as meals and rides when one of them is in need.

Meet Christopher's D Group

- 2 years
- four men, ages 30-50s
- zoom Sunday morning
- meet quarterly at a pub

They help each other integrate the demands of being a father, a husband, a professional and a church member into a whole Christian life.

Meet Stephanie's D Group

- 6 months
- four women, ages 45-60s
- meet Sundays in person after church

Stephanie noticed several women in her Episcopal Church shared her experience of being formed by the Evangelical tradition.

Meet Brian's D Group

- 9 months
- group of four: widow, married lesbian, woman from SE Asia, single gay man
- ages 20-80s
- zoom every other week (every week in Lent)

Due to strong interest at the church, a deacon helped bring these individuals together. The group's diversity and broad range of interests are a great strength.

One member suffered from terrible depression and now finds balance and health because of the incredible group support.

“Our group meets weekly and helps each other become better followers of Christ. We know we are in a safe place, a place of trust...where all is confidential. Over the past few years we have shared ministries, joys, sorrows, frustrations, illnesses, and the presence of Jesus in our daily lives. I am grateful for our time together, our time of sharing, for Christian friends holding me accountable, encouraging me, suggesting books to read, as we are all blessed and in turn, equipped to share those blessings.” - D group member