

Women's Discipleship Groups

Discipling is an intentional relationship in which we walk alongside other disciples in order to encourage, equip and challenge one another in love to grow toward maturity in Christ.

-Greg Ogden, Discipleship Essentials

1. How are Discipleship Groups different than small groups?
 - size, 3 or 4 women –aim for 3 so you can expand later
 - deeper level of intimacy and trust -confidentiality is absolutely necessary here!
 - being same-sex groups allows you to get into issues usually uncomfortable in mixed company
2. Try to think of these more as peer groups rather than having a leader. There may be someone in your group that has the spiritual maturity to be a natural leader, but we have found that we can really all learn from each other. This also takes the burden off any one person to make the group happen. That being said, it may help to have a person in your group who is willing to coordinate (i.e. just making sure that next meeting gets planned). Maybe you can take turns doing this.
3. It our recommendation that you plan to start meeting in January, just so that your momentum is not lost in the holidays. Groups can set their own schedule, but as a starting point, 1.5-3 hours per meeting, and 2-4 meetings per month is recommended. Also, plan on a six month commitment to this group before deciding to renew or opt out.
4. We recommend that you start your group with a foundation-building study such as Discipleship Essentials by Greg Ogden or the Gospel Christianity Series by Tim Keller. Please contact me if you need some direction or a list of suggested resources.

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Also, please feel free to contact me with any questions you might have.

- Also, this is a minor point, but try to avoid planning regular snacks. In women's groups, it can be wise to leave snacks for special occasions only. Women tend to get a little "wrapped up" in their snacks and it might become one more obstacle to going to group on an evening when you're already feeling overwhelmed. You're arguing with yourself about whether to go or not..."I haven't done the study, I'm tired, I have this to do, OH and I JUST remembered I'm supposed to bring snack this week!!" Just something to consider...