



# Bands Starter Guide

## DISCIPLESHIP BANDS STARTER GUIDE

### An Invitation

At Crosspoint, a helpful way we've learned to communicate our discipleship pathway is by three simple phrases--**Connect, Develop, Deploy**. We desire to be a local church where people can **connect** in meaningful relationships with others and connect with Jesus by placing their faith in him. We believe the role of the local church should be to **develop** and equip you with the Word by helping you live out the life Jesus taught us. Ultimately, we hope to **deploy** you into your own personal mission field to connect others with Jesus!

**Discipleship bands** provide a means for you to go deeper in this **development** as Jesus' disciple. We do not believe Jesus intended for discipleship to be done in one hour during a weekend gathering. We are thankful for these opportunities to **connect** others in our large group gatherings, but our bands provide a place to share and confess with openness and transparency in smaller, intimate groups.

### Why do discipleship in bands?

We believe that Jesus used a model of growing smaller in discipleship. He attracted large crowds of thousands with his teaching, but he personally directed the ministry of 70 followers (Luke 10:1). He called 12 disciples (Luke 6:12-16) to travel with him and learn from him, but he specifically chose 3 to accompany him in some of the most crucial turning points of his ministry (Mark 9:2-3; Luke 8:49-56; Matt 26:36-38). Unfortunately, we believe that last piece of intimate discipleship in groups of no more than 3-4 people is often missing in church. And yet, this is where some of our greatest life transformation happens!

### Getting Started

#### Who to Ask

It is important to ask two to three trusted friends. Jesus' inner circle of Peter, James, and John were with him in his highest moments (e.g. the Mount of Transfiguration) and his lowest moments (e.g. the Garden of Gethsemane). They also need to be believers seeking to walk with Jesus. Small groups and weekend gatherings are a great place for "evangelistic invites," but bands are based on the assumption that one is already a believer. Generally, we suggest that bands be grouped according to the same gender

due to the unique issues of men and women. However, we acknowledge that this may not always need to be the case. Choose to ask those who are going to challenge you, offer you grace, and hold you accountable as Christ does!

### ***When and How to Meet and How Often***

Your meeting format and environment can be flexible. In person is best, but a video call could be substituted if separated by miles or constrained for time. Coffee shops and public spaces can be a good choice but may not be ideal for times when confession of sin is being made. Consider a more private place like a home or somewhere outside when the weather permits. There are no set time limits, but we strongly suggest that you set aside an hour at minimum to give your band plenty of time to get through the questions below. Meetings should be preferably every week, but no less than every other week in order to keep a rhythm of accountability and confession.

Most importantly, pick a time and place on the calendar and remain faithful to it! If you falter in your commitment, have grace for yourself and the rest of the band, and keep going! Just start again!

### ***The Three Questions***

Every band meeting flow is set by three crucial questions for discipleship:

- 1. What is the Lord teaching you by his Word and by His Spirit?** Take this time to discuss the Band study that we will be participating in as a church family.
- 2. Are there sins or anything hidden that you need to confess?** Take this time to listen, not to fix! Assure them of God's pardon for them for the sake of Christ!
- 3. How will you walk away new today?** This is a time for making commitments to be checked up on at the next meeting.

As always, the leaders of Crosspoint are here to help should you have any questions! We trust that God will use this simple format to bring you to full maturity in the faith!