



PULSE CHECK

The D-Group Pulse Check is a series of questions that will help you reflect on your time in the group and identify areas that you have grown and areas you need to focus on in the coming months. Take a moment to reflect on your time in the group and write down your answers. Bring this handout to your group to share with your fellow members.

WEEKLY DISCIPLINES

- SCRIPTURE MEMORY
- BIBLE READING
- D-GROUP JOURNAL
- ACCOUNTABILITY
- PRAYER



MARCS OF A DISCIPLE

- MISSIONAL
- ACCOUNTABLE
- REPRODUCIBLE
- COMMUNAL
- SCRIPTURAL

LOOKING BACK

How has God used this group to help you grow in your faith?

Which of the weekly disciplines has had the greatest impact in your walk?

Which discipline do you need to better embrace in the coming months?

Which best describes how frequent you make your weekly D-Group meeting?

- Almost Always Most of the Time Sometimes Rarely

Between 1-5, rate how well each of the MARCS of a disciple describe your life:

_____ **MISSIONAL:** I am regularly praying for, investing in, and inviting someone I know into community.

_____ **ACCOUNTABLE:** I am open and honest with my group about significant struggles I face and regularly ask for their prayers and/or help.

_____ **REPRODUCIBLE:** I look for opportunities to invest in believers who want to grow in their faith.

_____ **COMMUNAL:** I regularly spend time with fellow believers that encourage and challenge me.

_____ **SCRIPTURAL:** I experience intimacy with Christ as I regularly spend time reading, meditating, and obeying God's Word.

LOOKING FORWARD

Based off of your responses above, what are 1-2 things that you want to focus on in the coming months as you continue to grow in your faith?

What is one way that our group can improve in the coming months to best help each of us grow?
