

# BANDS

Open Hearts  
Open Bibles  
Open Eyes

## What is a Band?

Discipleship Bands are gatherings of 2-4 people that meet weekly for intentional disciple making. Band gatherings are Spirit-led through reflection and sharing from Bible reading and spiritual practices.

The goal of these Bands is to help members be with Jesus, become like Jesus, and do what he did.

**Bands are a place  
where you can be  
fully known and fully loved**

## Band Testimonial

“It feels good to have a group of people I can spend time with and not be looking for the nearest possible exit. I was waiting until the last possible minute to leave!”





# 3 Core Values



## Open Hearts

Members commit to being open and transparent both with the Holy Spirit and one another.

## Open Bibles

By opening the Bible, we're opening ourselves to real transformation through Jesus. This is a commitment to obedience, growth, spiritual disciplines, and God's word.

## Open Eyes

Spiritual formation is always for the sake of others. We keep our eyes open to those God is calling us to reach because it's not about us.

# 5 Core Convictions



1. The Process is Simple
2. The Curriculum is the Bible
3. The Teacher is the Holy Spirit
4. The Focus is Obedience
5. The Result is Multiplication





# How Does it Work?

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**1**

Practice Interactive Bible Reading (SOAPS) and spiritual disciplines throughout the week

**2**

Meet together weekly for the Gathering Agenda, prayer, accountability, and encouragement

**3**

Pray for others and start future Bands

BANDS

# SOAPS Reading Method



## Scripture

Highlight any word, phrase, or verse that resonates with your spirit

## Observation

Put this verse in your own words and make any observations

## Application

Interpret what the passage might mean and how it could apply to you

## Prayer

Close your time by writing out a prayer to God

## Share

Share it with a friend, spouse, or neighbor!

# Gathering Agenda



## Bible Reading

1. How many days did you read the Bible this week?
2. How did you hear God speak this week? Share a journal entry.
3. Did you have any questions from your reading?

## Accountability

1. How is it with your soul? (Prov. 4:23)
2. What are you celebrating? (1 Thess. 5:11)
3. Where are you struggling or being tempted?
4. How has the Holy Spirit been speaking to you?
5. Do you have any sin to confess?
6. Have you been angry, fearful, or anxious? Why?
7. Do you need to reconcile with anyone?
8. How well are you loving those whom God has placed in your life? (James 2:8)

## Prayer for Others

1. Who are you praying for this week and why?
2. Who are you praying would surrender their life to Jesus?
3. Who is someone you could start a discipleship group with in the future?

Close in prayer for these requests and one another.

**Here's how to start!**



1. Attend a Training
2. Pray and select group members
3. Make the invitation
4. Practice Interactive Bible reading
5. Follow the Gathering Agenda

## **Our Next Bands Training**

