

Discipleship Bands : A QuickStart Guide

What is a Discipleship Band?

A Discipleship Band is a group of three or four Christians (of the same gender) who meet together over a meal to share about their lives and pray together. They help each other remain accountable and to grow toward Christlikeness.

Why are we doing this?

Christian maturity was never meant to be a solo journey but a communal process. Spiritual friendships are thus so important as we deal with the challenges of life as a group. “Bands” commit to watch over one another in love, to be there for one another, to encourage and to build each other up.

How is this done?

A Band is often formed within one’s existing Small Group. (If you don’t have one, do consider joining one!) You may form your Band outside of the Small Group too.

What do we do when we meet?

It’s very simple, really. We have a meal; we share about our lives : what’s been good and not so good. We share the challenges that we face and celebrate the joys we’ve experienced. Importantly, we keep each other accountable and pray for one another.