

Faith Women

Discipleship



Groups

Fall 2025 - Romans

Discipleship Group Leader Guide

Leader Introduction

Thank you for serving as a Discipleship Group Leader! Your role is not to be a Bible scholar or spiritual giant, but a faithful guide who helps women walk with Jesus and one another. Think of yourself as a facilitator, not a lecturer. Your task is to:

- Create a safe, grace-filled space for honesty and growth.
- Keep the group anchored in Scripture and the gospel.
- Model vulnerability, humility, and joy in Christ.
- Encourage women to both be disciples and make disciples.

Key Truth for Leaders: You are not responsible for producing spiritual growth. The Holy Spirit does that. You are responsible for pointing women to Jesus and His Word!

How To Use This Guide

Each week follows the participant guide (personal study + group time). This Leader Guide includes facilitation tips, insights, sample prayers, and notes on key Scriptures.

Weekly Flow (Recommended)

1. Prayer to Open – Center the time on God’s presence & truth.
2. Memory Verse Review – Encourage & challenge your group! Remind them of the importance of knowing God’s word
3. Check-In Questions – Allow 15–20 minutes; model honesty and grace.
4. Discussion Questions – Keep Scripture central; don’t rush.
5. Prayer Requests & Closing – Ensure everyone is prayed for and encourage everyone to pray!

Tip: Don’t feel pressured to get through everything. Let the Holy Spirit guide you! Depth matters more than speed.

D-Group Leader Guide

Beginning the Journey Together

Your first week will begin before you start reading through Romans together.

Goal: Get to know each other, build trust, set expectations, and cast vision.

Leader Tip: Share your own testimony briefly to model vulnerability.

Remember: Discipleship is not about perfection, but pursuing Christ together in grace (Phil. 3:12)

Weekly Notes – Romans Overview

Romans 1–3: Humanity’s sin and God’s righteousness.

Always bring group back to hope in 3:23–24.

Romans 4–7: Faith, grace, and new life.

Recognize struggle (Rom. 7) but highlight new identity (Rom. 6:11).

Romans 8–10: Life in the Spirit and God’s mercy.

Focus on a spirit-led life, comfort and gospel mission (10:14–15).

Romans 11–13: God’s plan and transformed living.

Highlight practical obedience and unity (12:10).

Romans 14–16: Unity, mission, and honoring others.

Emphasize valuing all gifts and gospel harmony.

Cont. Leader Guide

Prayer Leading Tips

Vary prayer: sometimes pairs, sometimes whole group. Encourage thanksgiving, intercession(praying over one another), Adoration (worshipping God for who He is), listening or contemplative prayers. Model your own prayers!

Closing The Study

Ask: How has God changed you through this group? There is a list of more questions to debrief your time together on page 17.

Encourage women to continue discipling one another beyond the 6 weeks (2 Tim. 2:2)!

Gauge interest in who within your group may be ready and excited about eventually leading their own group!

Final Encouragement

Stay dependent on the Spirit. Keep pointing women to Jesus, not yourself. Celebrate small wins. Faithfulness matters more than 'success.'

If you have feedback, have questions, or need any support at all, please reach out to us (Joy & Mikayla). We are here to help you! We love you!

Intro to Discipleship Groups

Welcome!

Welcome to Faith Women Discipleship Groups! We believe it's important for our women to both be disciples (Matt 16:24) and make disciples (Matt 28:16-20). But what does this mean?

What is discipleship?

When we hear the words mentoring or discipleship, we often picture something specific. Sometimes that picture can feel intimidating. We may carry assumptions about what it should look like or who it is for. But at its core, discipleship is a beautiful and deeply biblical invitation to grow in faith together. And it doesn't have to be one specific way. Simply put, *discipleship is teaching and training in godliness in the context of relationships*. It means being near people that make you look more like Jesus, and helping those around you look more like Jesus.

What to expect

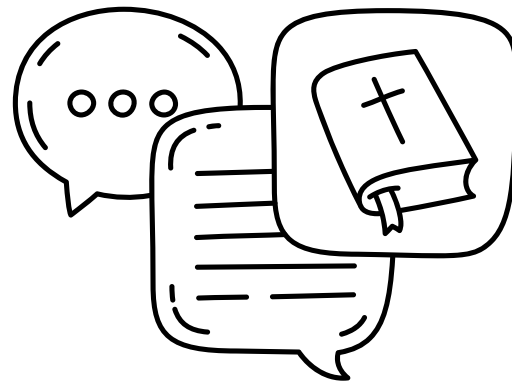
Throughout the next 6 weeks, your group, led by your mentor/leader, will use this booklet as a guide. Each week you will walk through the book of Romans with study questions, group check-ins, and practices like prayer, scripture memory, and journaling. Your intentional check-ins will look like answering three questions together about your week, based on your personal input and output as well as a time to practice confession. We hope your discipleship group will be a place of encouragement, equipping, challenge, and engaging your faith in a new way. You will get as much out of this experience as you put into it. We encourage you to commit to learning and growing together, it will be worth it! And we hope you look a little more like Jesus by the end of it.

Matthew 16:24

"Then Jesus said to his disciples, 'If anyone wants to follow after me, let him deny himself, take up his cross, and follow me.'"

Resources

These are our recommended resources as you study Romans. Podcasts, commentaries, articles, and more! Not mandatory but helpful if you are wanting to dive in a little deeper!



1. The Bible Recap Podcast by Tara Leigh Cobble (*this will be incorporated weekly*)
2. For a list of resources, chapter by chapter, curated by D-Group international:
<https://www.mydgroup.org/resourcesI/romans>
3. The Bible Project, Romans: These videos will give you helpful explanations and context into Paul's letter to the Romans
4. The Blue Letter Bible app: When clicking on a verse in this app, it will take you to cross-references, commentaries, greek text, and more
5. Versify: This app is a wonderful Bible verse memorization tool!
6. GotQuestions.org: Enter any question you may have about what you are reading into this website and it will pull up a helpful, biblical answer!
7. Faith Women Bible Study Companion Spotify Playlist: Want some worship as you study? Find the playlist on spotify!

**Scan this QR code
for the full list of resources!**



3 Bible Study Questions

These three questions will help you as you study the Bible:

What Does It Say About God?

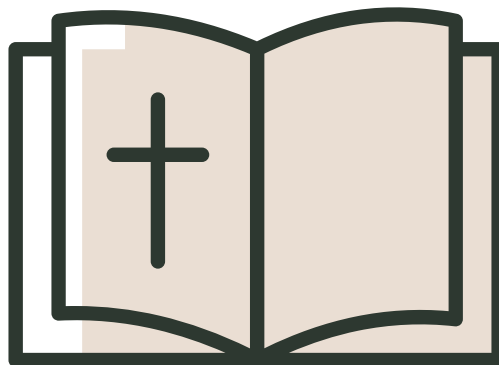
Take a moment as you read to first consider what the passage is saying about God (The Father, Son, and/or Holy Spirit). Who is God? What is it saying about His character? What is He doing?

What Does It Say About Humankind/Me?

Next consider what the passage may be saying about us, human beings. What does it reveal about humans? Our nature, desires, inclinations? What were we meant to be? How are we supposed to live? What has gone wrong? How has sin corrupted that original vision of what it means to be a human? How does what we discovered the passage has revealed about God maybe inform who we are?

How Should I Respond?

God's word is living and active. It often should illicit a response from us! It's important to not be merely a hearer of the word, but be a doer of the word. How does what you read inform how you live?



Check-In Questions

These questions are here to encourage deeper conversation, vulnerability, and accountability. Answer them together each week. These questions are not about performance, but rather about encouragement and growth. Be honest. Encourage each other. Don't shy away, lean in!

Remember the importance of confidentiality when your sisters share with you in these settings. Honor one another in this way!

How Did You Feed Your Soul?

What did you do this week that made you love God more? What spiritual disciplines did you exercise? What did you do to spend time with Jesus? How did you personally experience Jesus' presence and love for you this week?

How Did You Feed Others?

What conversations did you have? Did you share your faith with someone this week? Did you inconvenience yourself for someone else? Did you spend time serving someone/your church this week?

How Did You Feed Your Flesh?

We are called to put to death the things of the flesh (Rom 6:11), and God also calls us to bear one another's burdens (Gal 6:2). This is a time to confess sin or anything in your life that you know doesn't honor Christ. Maybe it's what you consume, how you respond, what you are doing or thinking or lies you are believing. Your discipleship group is a safe place, and God is honored when we bring things to the light. He offers abundant grace and forgiveness! Don't walk in isolation. Your community needs you.

Beginning the Journey Together - Your First Discipleship Group

Before we get into it, spend time getting to know each other! This first gathering sets the tone for your discipleship journey together. This isn't about performing or proving anything, it's about walking alongside one another as you follow Jesus.

Start By Sharing

Take some time to get to know each other. Go around the group and share:

- Your name & your story
- One thing you're hoping to grow in spiritually
- Something fun or unique about you

Set Expectations

Discuss what you want this group to be like.

Consider questions like:

- How honest are we willing to be?
- How can we support each other between meetings?
- What does it mean to "show up" for each other every week, spiritually and relationally?

Make sure to also go over page 1, Intro to Discipleship Groups together!

It is also important to discuss confidentiality in your Discipleship Group. Honor your sisters & be a safe place to share with each other!

Intro To Romans

The church in Rome had been around for a while and was made up of both Jewish and non-Jewish (Gentile) believers. But things got complicated when the Roman emperor kicked all the Jewish people out of the city. When they were allowed to return years later, they found that the church had changed & no longer followed many of the Jewish customs. This led to tension and division. People were confused and disagreed on how to follow Jesus. Should everyone keep the Sabbath, eat certain foods, or be circumcised?

Paul wrote this letter to bring unity. He wanted to help the church refocus on what truly matters: the Gospel, a.k.a. the good news of Jesus' life, death, and resurrection!

Romans is one of Paul's clearest and most powerful explanations of the Gospel. But it's not just theology, it's deeply practical. It shows us what it looks like to live in response to the Gospel in real life.

Check In Questions & Week 1

Take some time to look over the weekly check-in questions together on page 5. You do not need to answer these today, but it will be helpful to look over them now and prepare for next week's check in.

Then take a moment to look over what week 1 will look like!

End Your Time Together in Prayer



**Before opening God's Word,
take a moment to pray:**

- ***Lord, would You fill me with insight and understanding.***
- ***Use what I learn to grow my love for You and for others, not my pride.***
- ***Show me something fresh about who You are.***
- ***Expose anything I've believed that isn't true about You.***
- ***Lead me today by the truth of Your Word. Amen.***



Psalm 119:18 (CSB)

***"Open my eyes so that I may contemplate
wondrous things from your instruction."***

****Adapted from a prayer inspired by The Bible Recap***

Week One: Personal Study

Read: Romans 1-3

Suggested Pace: One chapter per day, with margin to review, memorize, or rest

Memorize: Romans 3:23-24

Write it out here:

Listen

After you have read all of Romans 1-3, Listen to the Bible Recap Day 341 (Romans 1-3). This will give you information to help you further comprehend these chapters

Takeaways:

Scan to Listen



What Stands Out?

Write down observations, questions, repeated phrases, or verses that stood out to you:

Study Questions (Page 4):

What does it say about God?

What does it reveal about human nature/you?

How should you respond?

Week One: Group Time!

Pray!

Begin your time together in prayer

Check In Time

Refer to page 5 for your weekly group check in questions

Memory Verse: Romans 3:23-24

Review your memory verse together! Discuss why hiding God's word in our hearts is important!

Discussion Questions:

1. Quick Review: Who wrote Romans and to who did he write it?
2. In Chapter 1, we see the phrase "God gave them up" repeated three times. Who is he talking about? What did he give them up to? What does this reveal about human nature?
3. Read Romans 1:28-32. Of the things listed, some we might see as "serious" and others that can feel more common or acceptable. Which ones are easiest to overlook, and why? How does verse 32 challenge our view of sin? What does this passage show us about God's standard of holiness?
4. What else might these 3 chapters reveal to us about God?
5. What is the theme of verses 3:21-31?
6. Take time to discuss anything else that stood out or may be confusing
7. What are some practical ways to apply Romans 1-3?

The Bible Recap

Talk about the Bible Recap episode you listened to (or listen to it together!)

Discuss how it may have helped you as you studied. Also, share any other resources that enhanced your studies this week!

Prayer Time

Take time for personal prayer requests. Pray for one another.

Week Two: Personal Study

Read: Romans 4-7

Suggested Pace: One chapter per day, with margin to review or rest

Memorize: Romans 5:8

Write it out here:

Listen

Listen to the Bible Recap Day 342 (Romans 4-7).

Write down any takeaways:

Scan to Listen



What Stands Out?

Write down observations, questions, repeated phrases, or verses that stood out to you:

Study Questions (Page 4):

What does it say about God?

What does it reveal about human nature/you?

How should you respond?

Week Two: Group Time!

Pray!

Begin your time together in prayer

Check In Time

Refer to page 5 for your weekly group check in questions. Make sure to take your time checking in on and encouraging one another

Memory Verse: Romans 5:8

Review your memory verse together!

Discussion Questions:

1. Who is Abraham?
2. What does Paul mean when he says Abraham was “justified by faith” and not by works? What does this mean for us?
3. How does Abraham’s example encourage us in seasons of waiting?
4. How would you explain “peace with God” to someone who doesn’t know Christ?
5. If sin existed before the law, what was the purpose of the law? What is the hope we are given?
6. What does it mean to be “dead to sin” but “alive to God”?
7. Why is it important to remember our identity in Christ when we struggle with sin? How can we remind each other to live out our new identity daily?
8. What role does God’s law play in revealing our need for grace?
9. How does acknowledging our weakness help build deeper community? How can we support each other when we feel stuck in patterns of sin or discouragement?
10. Take time to discuss any observations, confusing passages, and anything else that spoke to you as you studied!

The Bible Recap

Talk about the Bible Recap episode you listened to (or listen to it together!)

Discuss insights. Also, share any other resources that enhanced your studies this week!

Prayer Time

Take time for personal prayer requests. Pray for one another.

Week Three: Personal Study

Read: Romans 8-10

Suggested Pace: One chapter per day, with margin to review or rest

Memorize: Romans 8:38–39

Write it out here:

Listen

After reading Romans 8-10, Listen to the Bible Recap Day 343 (Romans 8-10).

Takeaways:

Scan to Listen



What Stands Out?

Write down observations, questions, repeated phrases, or verses that stood out to you:

Study Questions (Page 4):

What does it say about God?

What does it reveal about human nature/you?

How should you respond?

Week Three: Group Time!

Pray!

Begin your time together in prayer

Check In Time

Refer to page 5 for your weekly group check in questions. Make sure to take your time checking in on and encouraging one another

Memory Verse: Romans 8:38–39

Review your memory verse together! How can we connect this verse to our daily lives and struggles?

Discussion Questions:

1. What does it mean that there is “no condemnation” for those in Christ Jesus (8:1)? What does the word “therefore” point us back to?
2. Go through verses 8:5-17 and list the things that are associated with the flesh and things that are associated with the spirit.
3. How can we help each other “set our minds on the things of the Spirit” (8:5-6) in daily life?
4. How does knowing God works all things for good (8:28) change how we handle hard seasons?
5. How does the promise in verses 8:38-39 give you confidence in God’s faithfulness?
6. How does Paul’s deep sorrow for Israel (9:1-3) show his heart for the lost?
7. What do verses 9:14-16 teach us about God’s mercy and grace?
8. How does Paul describe the difference between righteousness based on the law and righteousness based on faith?
9. What of God’s character is Paul meaning to “make known” and “show” in 9:22-23?
10. How do the hope and assurance of Romans 8, together with the message of Romans 9, lead into Paul’s challenge in Romans 10:14-15?

The Bible Recap

Discuss your Bible Recap insights

Prayer Time

Take time for personal prayer requests. Pray for one another.

Week Four: Personal Study

Read: Romans 11-13

Suggested Pace: One chapter per day, with margin to review or rest

Memorize: Romans 12:2

Write it out here:

Listen

This week, listen to the Bible Recap Day 344 (Romans 11-13).

Takeaways:

Scan to Listen



What Stands Out?

Write down observations, questions, repeated phrases, or verses that stood out to you:

Study Questions (Page 4):

What does it say about God?

What does it reveal about human nature/you?

How should you respond?

Week Four: Group Time!

Pray!

Begin your time together in prayer

Check In Time

Refer to page 5 for your weekly group check in questions. Make sure to take your time checking in on and encouraging one another

Memory Verse: Romans 12:2

Review your memory verse together!

Discussion Questions:

1. Paul has established that those of us who have the Holy Spirit are children of Abraham, regardless of race. In chapter 11, we see Paul addressing ethnic Israel. What is he communicating to them?
2. Also in chapter 11, How does Paul warn Gentile Christians?
3. What does Paul's analogy about branches (both the cutting away and grafting in) communicate to us about the character of God?
4. In Romans 12, according to Paul, how can we discern God's will?
5. Also in Romans 12, what is the analogy Paul gives the function of believers? What does this mean for us individually and together as the Church?
6. Which of the commands in 12:9–21 stands out to you most, and why?
7. How can we as Faith women practice “outdoing one another in showing honor” (12:10)?
8. In chapter 13, how does Paul link love with fulfilling the law (vv.8–10)?
9. What does it mean to “clothe yourselves with the Lord Jesus Christ” (13:14)?
10. How should the reality of Christ's return (13:11–12) influence the way we live today?

The Bible Recap

Discuss Bible Recap insights

Prayer Time

Share prayer requests and take time to pray for one another.

Week Five: Personal Study

Read: Romans 14-16

Suggested Pace: One chapter per day, with margin to review or rest

Memorize: Romans 15:5-6

Write it out here:

Listen

After you have read all of Romans 14-16, Listen to the Bible Recap Day 345 (Romans 14-16).

Takeaways:

Scan to Listen



What Stands Out?

Write down observations, questions, repeated phrases, or verses that stood out to you:

Study Questions (Page 4):

What does it say about God?

What does it reveal about human nature/you?

How should you respond?

Week Five: Group Time!

Pray!

Begin your time together in prayer

Check In Time

Refer to page 5 for your weekly group check in questions. Make sure to take your time checking in on and encouraging one another

Memory Verse: Romans 15:5-6

Review your memory verse together!

Discussion Questions:

1. What things do we see in Romans 14 that we shouldn't as believers quarrel about? Why? How does Paul encourage believers to handle these disagreements?
2. How can we apply chapter 14 to differences of opinion within our church or friendships?
3. How does Christ's example shape the way we treat each other?
4. In what ways can our church community live out the call to glorify God "with one mind and one voice"?
5. In chapter 15, Paul references multiple Old Testament passages. What is the point he is trying to make by sharing them?
6. Use a tool like the Blue Letter Bible to look up the word "servant" (16:1) in the Greek. What does it mean? What did you find out? What might this reveal to us about Paul's understanding of women?
7. How does chapter 16 show the value of women and men serving side by side in the early church?
8. What can we learn from Paul's example about encouraging and honoring those who labor in ministry?
9. How could we do a better job of recognizing and celebrating each other's contributions in our own church?

The Bible Recap

Discuss insights from the Bible Recap together

Study Recap

1. What is one take away from your discipleship group you hope to continue incorporating in your life of personal Bible study?
2. Did you learn anything new? Did this study push you out of your comfort zone?
3. Why is it important to both be a disciple and make disciples? What does that mean to you after completing this study with your group?
4. How has this study helped you love God more deeply?

Prayer Time

Take time for personal prayer requests. Pray for one another.