



# DELTA GROUPS

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## GOSPEL TRANSFORMATION

Delta ( $\Delta$ ) is the Greek symbol for change. Deep inside every human heart there is a longing for change, for transformation. Unfortunately, we live in an age when the only ‘practical’ helps available to struggling people are pop psychology and self-esteem bestsellers. We believe that the key to real change is found only in the gospel of Jesus Christ. The gospel is the ground and source of both our salvation and our sanctification, and therefore any pursuit of change that isn’t centered on the person and work of Christ is ultimately powerless. Our understanding of and belief in the gospel should be central to who we are and to how we live.

## CHANGE HAPPENS IN COMMUNITY

The term DELTA GROUP refers to a group that usually consists of three to six people—men with men, women with women—who meet together weekly. They seek to be known and to bring the gospel to bear on each other’s lives so that they become more like Jesus. Lasting change can only happen in community, and we need regular reminders from one another of the truth of the gospel. We need each other in order to be transformed. If you are in a Growth Group with multiple families, you should begin to build DELTA relationships with a subset of those people, so you can pursue gospel change together.

## A DELTA GROUP has 3 elements:

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### 1) DISCIPLESHIP *A disciple of Jesus is someone learning to apply the gospel to absolutely every part of life.*

Essentially, everything we do together in community is a part of discipleship. However, discipling one another will involve:

- reminding each other of our identity in Jesus Christ,
- admonishing and teaching one another to obey Jesus’ commands. ([Matthew 28:18-20](#); [Colossians 3:15-17](#)), and
- training one another to serve in tangible ways. ([Ephesians 4:11-13](#))

### 2) LOVE *Care sincerely for one another.* This will include:

- getting to know one another’s stories, listening closely to each other and to the Holy Spirit so we can carefully and empathetically direct each other to truth. ([John 16:7-15](#))
- checking one another’s heart and passions by asking questions like: How are you doing? Who are you loving well? Not so well? Where are you living in fear? What can we celebrate with you? What are you struggling through? ([Romans 12:10,15](#))
- praying with and for each other. ([Romans 12:12](#); [Ephesians 6:18](#); [James 5:16](#))

### 3) ACCOUNTABILITY *Holding one another accountable is more than just asking hard questions.* It involves:

- encouraging each other to live out what we believe through making goals and helping each other fulfill them. ([Hebrews 10:24-25](#))

- reviewing the past week and how faithful we have been in keeping our word.
- speaking the truth in love as we see areas of sin, correcting and rebuking with God's Word when necessary. ([2 Timothy 3:16-17](#))

## A DELTA GROUP has 2 goals:

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### 1) EDIFICATION *God's grace brings about spiritual growth and maturity.*

God's heart for his people is that they would be a community of edification: constantly growing, deepening, and building one another up in love. Paul's words in Ephesians 4 echo this sentiment:

*"Speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love."* ([Ephesians 4:15-16](#))

Growth in the Christian life is a process of renewing every dimension of life by living out the ramifications of the gospel, and applying it to every area of thinking, feeling, relating, working and behaving. As we grow together, confidentiality must be a key component of the group. Take whatever you learn about yourself in your DELTA GROUP and share it with as many people as possible. What you learn about others, however, is private information. While anyone can give permission for their info to be shared at any time, the general rule of thumb is to honor the confidentiality of the group as you learn more and seek to move the gospel forward in each other's lives.

### 2) TRANSFORMATION *God's grace brings renewal to every aspect of our lives.*

In the midst of a culture inundated with magic formulas, easy shortcuts, and soft answers to difficult questions, the truth is that real change can only be achieved through the continual rediscovery of the gospel. The Apostle Paul said "the gospel is the power of God that brings salvation to everyone who believes" (Romans 1:16). He goes on to explain that that salvation has a past, present, and future reality. That means that faith in the work of God on our behalf in and through Jesus is the only thing that will ultimately bring about lasting change and transformation.

## A DELTA GROUP has 1 purpose:

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### 1) MISSION *To make disciples who make disciples.*

Among the last things Jesus said to his followers were these words:

*"All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."* ([Matthew 28:18-20](#))

Those who follow Jesus as his disciples don't live merely for their own personal transformation. Jesus' disciples seek to bring about gospel change and impact everywhere they go, by making disciples who make disciples. There is an expectation of multiplication in Jesus' parting instruction.

Therefore, the hope for every DELTA GROUP is that each participant would one day lead another group. The timeline will vary from group to group, but a DELTA GROUP should always be started with this goal clearly in mind. Begin praying even now about who God might have you lead in the future.