



MISSION DISCIPLE
SCHOOL

FREE

Start one group this week.

The free 3/3 Group Starter Guide. Three simple parts. One hour. One or two friends. Any home or café table.

LOOK BACK

LOOK UP

LOOK FORWARD

Mission Disciple School · missiondisciple.com

You can do this.

Maybe you have loved Jesus for years. You serve. You pray. But nobody ever showed you how to help one other person follow Him.

That is not your fault. And it is not too late.

Maybe you feel you are not a good enough teacher. Maybe you worry that you do not know enough Bible to answer every question.

Take a deep breath. This guide is good news for you.

Jesus did not wait until His friends knew everything. He sent out ordinary, imperfect followers while they were still learning. He looked for faithfulness: people who obey what they hear and share it with others.

“When Jesus had called the Twelve together, he gave them power and authority to drive out all demons and to cure diseases, and he sent them out to proclaim the kingdom of God and to heal the sick.”

Luke 9:1-2 (NIV)

A 3/3 Group is the simplest way I know to start. You do not need to be a gifted teacher. You simply follow the steps and let God’s Word and God’s Spirit do the teaching.

Read this guide once. Then invite one friend. That is all.

Pastor Jony Leong

Mission Disciple School, Penang, Malaysia. 200+ believers trained.

What is a 3/3 Group?

“For where two or three gather in my name, there am I with them.”

Matthew 18:20 (NIV)

Jesus promised to be with you when even two or three gather in His name. But when you gather, how should you spend your time?

A **3/3 Group** (said “three-thirds”) divides your time into three parts, so the group can practise obeying some of the most important things Jesus commands.

1

Look Back

Look at what has happened since you last met. Care for one another and check in.

2

Look Up

Look to God for wisdom and direction through Scripture, discussion and prayer.

3

Look Forward

Plan how each person will obey what they learned, and who they will train and share with.

A 3/3 Group is not the same as a Bible study. That is on purpose. Treat it as a new way to meet, and see what good God has planned.

Faithfulness — obeying and sharing what we hear — is a better measure of growth than knowledge or training.

Look Back

In the first third, you care for one another and check in on last week's commitments.

1. **Giving thanks.** Each person shares something they are thankful to God for.
2. **Sharing struggles and praying for one another.** Each person briefly shares something they are struggling with. Someone else prays for them.
3. **Focusing the group.** Remember why you meet: to love God, to love others, to share Jesus, and to help others share Him too. For example, read Matthew 22:37-38 aloud.
4. **Checking in.** Each person answers:
 - How have you obeyed what you've learned so far?
 - Who have you trained in what you've learned?
 - Who have you shared your story or God's story with since we last met?

Some groups want to skip checking in, because the questions can feel hard. Please don't skip it. Jesus loved His followers enough to ask hard questions. Love takes commitments seriously and shows grace at the same time.

At your very first meeting there are no commitments yet. Simply give thanks, share, pray and focus the group.

COACHING TIP

Sometimes one person does most of the talking. Don't let that happen. Each person has value. Gently remind the talker that each person should be heard.

Look Up

In the middle third, you invite the Holy Spirit to help the group understand God's Word.

1. **Invite the Holy Spirit to lead.** Pray simply and briefly. Ask Him to teach you from the passage.
2. **Read God's Word and ask questions.** Have someone read the passage aloud. Then answer:
 - What did you like about this passage?
 - What did you find challenging or hard to understand?
3. **Read it again.** Have someone else read the same passage a second time. Then answer:
 - What can we learn about people from this passage?
 - What can we learn about God from this passage?

If some in your group do not read well or prefer to learn by hearing, read the passage at least twice.

COACHING TIP

Focus on God's words, not other books, teachers or opinions. Instead of asking, "What do you think this means?" ask, "What does this passage say?" If someone likes to teach, gently remind them that the Holy Spirit and God's Word can teach the group. Don't be afraid of silence. God is working even when it is quiet.

Look Forward

In the final third, each person discovers how to obey and who to train and share with.

1. **Pray for God's purpose.** Each person prays silently and asks:
 - God, how can I obey and apply what You are teaching me?
 - Who can I train from this passage so they can learn to obey and love You more?
 - Who would You have me share my testimony or Your good news with?
2. **Gather commitments.** Each person shares what they heard from the Lord. It is fine to say, "I didn't hear anything on that one." But expect to hear from God. Jesus said, "My sheep listen to my voice" (John 10:27). The more specific the steps, the easier they are to obey.
3. **Practise your plan.** Break into twos or threes and practise what God asked you to do. Practice is not the same as obeying, but it prepares you to do it well. End by praying for the people and plans God has put on your hearts.

COACHING TIP

Around the world, 3/3 Groups often share the Lord's Supper, or a meal and relaxed conversation, as part of their time together.

Look Back to check in and care. Look Up to hear from God's Word. Look Forward to obey, train and share.

Before your first meeting

1. **Ask God who to invite.** Think of the people God has already put in your life: family, friends, neighbours, co-workers, classmates. You do not need to wait for strangers.
2. **Invite one or two people yourself.** A personal word is better than a group message. Two or three people is enough. Jesus promised to be there.
3. **Talk with your pastor.** If you belong to a church, share your plan and start with your pastor's blessing. Your group serves your church.
4. **Choose a place and a time.** Any home or café table works. Plan for about one hour.
5. **Bring three things.** A Bible, this guide and a pen.
6. **Choose your first passage.** Use Mark 5:1-20. It is the passage our handbook uses to practise a full 3/3 meeting.

What to say in the first two minutes

"Thank you for coming. Tonight we will spend about an hour in three parts. First we Look Back and pray for each other. Then we Look Up and read a short passage twice. Then we Look Forward and ask God what to obey and who to share with. Nobody here is the expert. God's Word and His Spirit will teach us."

Then turn the page and follow the meeting card, step by step.

A full 3/3 meeting in 45 minutes

Ask one person to keep time. Passage: Mark 5:1-20.

Look Back · 15 minutes

- | | |
|-------|--|
| 2 min | Giving thanks. Each person shares one thing they are thankful for. |
| 5 min | Struggles and prayer. Each person briefly shares a struggle. Someone else prays for them. |
| 1 min | Focusing the group. To love God, to love others, to share Jesus, and to help others share Him too. |
| 7 min | Checking in. How have you obeyed? Who have you trained? Who have you shared your story or God's story with? |

Look Up · 15 minutes

- | | |
|-------|---|
| 1 min | Pray. Ask the Holy Spirit to teach you from the passage. |
| 5 min | Read Mark 5:1-20. What did you like? What was challenging or hard to understand? |
| 9 min | Read it again. What can we learn about people? What can we learn about God? |

Look Forward · 15 minutes

- | | |
|-------|--|
| 4 min | Pray silently. How can I obey? Who can I train? Who should I share my testimony or Your good news with? |
| 5 min | Gather commitments. Each person shares what they heard. Write down names and specific steps. |
| 6 min | Practise your plan. In twos or threes. End in prayer for the people and plans God has shown you. |

Your first four weeks

Meet every week for four weeks. Write it down. Next week, your Look Back starts with these commitments.

Week	Date	Who came	What we will obey	Who we will share with
1				
2				
3				
4				

Let others lead

You do not have to be a gifted teacher. Just follow the steps. Take turns letting others guide the group, so each person learns to lead.

That is how a 3/3 Group can multiply.

Teach it to one more person

Who will you share the 3/3 Group format with before your group meets again?

How to teach it in 10 minutes

1. Explain the three parts: Look Back, Look Up, Look Forward. 3 MIN
2. Walk through the questions in each part, using a short passage such as Luke 18:9-14. 5 MIN
3. Invite them to join a 3/3 meeting, then take a turn leading one themselves. 2 MIN

Want someone to walk with you?

The Disciple Class teaches the 3/3 Group and other simple tools in 10 lessons. There is a live class every week on Zoom, and you can join any week. Study on your own, join the live class, or do both.

missiondisciple.com/disciple-class

My Walk is free. Ten minutes a day with Jesus: listen to Scripture and write your S.O.A.P.S. missiondisciple.com

YOUR ONE STEP

This week, invite one person.

Do not wait until you feel ready. Jesus sent His friends while they were still learning.

This week, I will ask God who to invite and personally invite them to meet with me as a 3/3 Group. Then I will hold one meeting of about one hour.

☐

I did it.

Who I invited:

The date we met:

Write the date in Week 1 of your tracker on page 9.

"For where two or three gather in my name, there am I with them."

Matthew 18:20 (NIV)

Memory verse for this week.



Train • Multiply • Send

Training Disciples. Sending Missionaries.

missiondisciple.com

Free to share. Print it, copy it and pass it on to anyone who wants to start a group. Please do not sell it.

The 3/3 Group Starter Guide • Mission Disciple School • Bible Mission Services, Penang, Malaysia • Edition 1, October 2026.

Adapted from *Believer or Disciple?* (Book 1 of the Mission Disciple Training System) by Pastor Jony Leong. Our training follows the Zúme Training system, used with permission.

Scripture quotations taken from The Holy Bible, New International Version® NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission. All rights reserved worldwide.