



DISCOVER. NURTURE. ACT.

### **What is a DNA group?**

As disciples who've been saved and made righteous, Paul exhorts us to "be transformed by the renewing of your minds" (Romans 12:2). Discipleship requires life-on-life interaction, and can only happen in community. We grow primarily through the experience of life in gospel community. A DNA group is a group of 3-4 people of the same gender who meet regularly, and can be a key catalyst for growth and transformation in our lives.

### **What is the purpose of DNA groups?**

The overall goal of a DNA group is to foster discipleship relationships that help each person grow to become more like Jesus by the power of the Holy Spirit. The goal is not merely to hang out & have fun, or even to build friendships, though hopefully all of that will happen! The goal is to challenge one another to "grow in the grace and knowledge of our Lord and Savior Jesus Christ" (2Peter 3:18).

As disciples, we should experience transformation at every level, affecting our whole person: *Head, Heart, & Hands*. DNA is an acronym that describes this process: *Discover (teach the head), Nurture (shepherd the heart), Act (empower the hands)*.

### **What does a DNA group look like?**

DNA group members should be committed to meeting together regularly (weekly or bi-weekly). These meetings can last 60-90 minutes or more, and consist of sharing personal stories & struggles, asking questions, listening to each other & the Holy Spirit, reading scripture, praying, speaking the truth in love, repenting & confessing sin, and submitting to one another. Beyond the weekly meeting however, DNA groups should seek to build trusting relationships by sharing everyday life together.

Meetings usually happen in coffee shops, restaurants, or homes. Focus is a key factor to consider: it's hard to have a DNA group meeting while your kids play at the park or to talk while commuting on a crowded bus. Meet in a place where everyone is comfortable and that is reasonably free of distractions.

### **How long does a DNA group last?**

DNA group members should share everyday life together. Hopefully, friendships will form that "stir up one another to love and good works" (Hebrews 10:24) & continue long after transitioning into other groups.

Occasionally, DNA groups may stay together for a year or more. Others may sense that, after a significant time of growth, God is leading them to make strategic discipleship investments in other people — that they need to "multiply" their efforts as a group. Still others will be forced to navigate the inevitable changes of life — people losing interest, people moving away, etc — with grace and the leading of the Holy Spirit. Here's the bottom line: *There is no formula for growth & multiplication of a DNA group*. Relationships are beautifully complex and must be handled with care and sensitivity. The members of a DNA group should enter the relationship expecting long-term commitment to one another, even if the exact nature of the relationship changes over time.