

DNA GROUPS

How-To Guide



VISION

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.

MEETING LOGISTICS

Who? A single-gendered group of 3 (4-5 if necessary), usually made up of those in your MC

When? About every other week for approximately 90 minutes

Where? Meet anywhere that works for the whole group, as long as it provides enough privacy for honest conversation

What to bring? Your Bible, a notebook, and pen

ROADMAP

Use this roadmap as you meet together as a guide to your activity and discussion. While the time together is divided into three sections with applicable questions and instructions, we hope for this pattern to become a natural rhythm in your group. However, there is much room for grace as your group gets to know and trust one another more deeply.

If you're in a new DNA Group, spend the first meeting or two briefly sharing your stories with one another in order to know each other better as you form discipling relationships.

Each time you get together, spend a few minutes catching up and seeing how each of you is doing. Pray and ask the Holy Spirit to speak through his word as you meet. Follow up on last week's discussion and how everyone responded throughout the week before diving into this week's discussion.

DISCOVER

The goal is to teach the head so each person learns or is reminded of the truth about who God is, what he's done, who we are, and how we live, every time the group meets.

As a group, choose a passage of Scripture and read it throughout the week. You may wish to choose a book of the Bible and read through it over time. Use the Four Questions and a journal to write down what you learn from the passage on your own before you meet.

The Four Questions:

1. Who is God?
2. What has he done?
3. Who are we?
4. How should we live?

When you gather, read the whole passage at least once together. Share your insights from the week and write down new things the Spirit illuminates. As you discuss the passage, answer these three questions:

1. What did you discover this week? What did you learn? What were you reminded of?
2. Where did the Spirit lead you to repentance and faith this week?
3. How have you struggled with sin/unbelief in your life this week?

NURTURE

The goal is to shepherd the heart so each person is brought to repentance and renewed faith every time you meet.

Nurture is about discipling the heart, which is the part of us that exercises faith or belief as the very center of our being (mind, emotions, and will). Regardless of what we know in our heads, the fruit of our lives is determined by what we believe in our hearts. When we place our faith in something other than God to give us what only he can give, we are engaging in idolatry.

Reflecting on the passage you discovered this week, listen deeply and ask questions to help one another identify areas of sin and idolatry in your lives, then reaffirm each other of the truth from Scripture to help you align what you know with what you believe. While we should be more quick to point out evidences of grace than poking around for evidences of unbelief in other's lives, this time together should include:

- Confessing your sins to one another
- Repenting before God
- Turning back toward Jesus in faith
- Experiencing the ongoing forgiveness and cleansing of Jesus
- Observing the fruit of the Spirit being produced in our lives as a result

ACT

The goal is to empower the hands so that in light of his or her repentance each person knows what to do and whom to tell every time the group meets.

Once we've discovered the truth about God, repented of our sin/unbelief, and renewed our faith in Jesus, we need to ask the Spirit to guide us in changing the way we live. While we seek to turn away from legalism and live in the grace of Christ, listen for the Spirit as you ask yourselves two questions in light of your group's discussion:

1. What do you want me to do?
2. Who do you want me to tell?

End your meeting by praying for each other and what was discussed. Be sure to schedule your next meeting time before leaving, plus other times of fellowship to help you get to know one another. It's also helpful to share everyday life together by staying in contact throughout the week.

FAQs

How do I join a DNA Group?

DNA Groups are usually formed from those within your Missional Community, so talk to your MC leader about joining one. If you haven't joined an MC yet, visit our MC page at karischurch.org to find one to visit. If you need help or have more questions, you can email us at info@karischurch.org.

Is there a leader in a DNA Group?

We hope to see all members of a DNA Group taking ownership over their time together as they seek to both be discipled and disciple others. So while a leader isn't necessary, it may be helpful to appoint one person to ensure gathering times are scheduled and the group stays on track while they meet (and groups could rotate who is appointed to this role if they wish!).

How do DNA Groups grow?

We long to see more people join and form DNA Groups, and to see MCs welcoming new MC members into these committed relationships. DNA groups can add new members wanting to join, and when the group becomes too large (5-6 people), it can multiply into two groups. Just be sure to plan times of fellowship and to share your stories with each other to nurture the new relationships in the group.

RESOURCES

Karis Blog

Visit the DNA Groups page at karischurch.org to find links to several blog posts about DNA Groups including how to get started, how to share your stories, why the group number matters, why discipleship matters, and more!

Growing in Christ Together

An interactive book written specifically for DNA Groups. If you're new to DNA Groups or new to each other, this book may be a great place to start! It will help you lay a solid foundation for DNA Group going forward as well as help you get to know each other better.

*The material in this guide is borrowed from *Growing in Christ Together*.

