



DNA GROUP PROCESS

A DNA group is composed of 3-4 people, of the same sex, who meet together regularly for 60-90 minutes

DISCOVER (HEAD)



There are two ways you can engage the “Discover” section of DNA meeting:

(1) Each read all the daily readings for the week from **The Story of God in a Year reading guide** prior to the meeting. Fill out the lower row of **Fruit to Root Worksheet** and answer the 4 questions about the text each day. At the meeting, each person share the most impactful truths the Holy Spirit has been applying to their lives that week, giving time for feedback after each one shares.

(2) Walk through a Scripture passage using the 4 questions together at the meeting to discover:

| | | | | | | |
|--------------------|---|--|---|--|---|---|
| Who is God? | → | What Has He done? | → | Who am I? | → | What Do I Do? |
| What is he like? | | Pointing to or flowing from Jesus’ life, death, resurrection | | Apart from Jesus and because of Jesus? | | What does living in line with this truth of God look like? How am I freed to live as this truth becomes more alive in my heart? |

NURTURE (HEART)



Each time we gather we want to talk about life’s problems and how Jesus is better. In other words we gather to help one another repent of sin & believe the gospel. Remember that every sin, negative emotion, destructive cycle, and addiction results from exchanging the truth of God for a lie. To find increasing freedom and healing we have to for ourselves, and help each other, carefully examine what lies we are believing in the roots of our heart that is behind the sin and dysfunction in our lives. With the Holy Spirit’s help, shepherd one another’s hearts to fresh faith in Jesus. To help get to the heart of change, work together through the top row of the **Fruit to Root Worksheet** from the negative fruit in our lives to the root of belief.

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|---|---|--|---|--|---|---|
| | | | | ↓Start↓ | | |
| Who is God? | ← | What Has God done? | ← | Who Am I? | ← | What did/do I do? |
| This is equally difficult to confess but in your sin what were you ultimately saying about God? | | This is painful to confess but in doing what you did, what were you saying God didn’t do, couldn’t do, won’t do, or did wrong? What were you believing (or not) about God’s work in Jesus? | | In your sin, what were you ultimately thinking of yourself? What did you think you had to do? How did your actions show that you thought too much of yourself or show that you didn’t believe in your value before Christ? | | Confess what happened. What were my negative thoughts, words, and actions? How did I sin? |

After confessing what you did (and ultimately what lie you were believing about God and yourself in your sin) repent. Repent means that you turn from what you were believing to what you know to be true of God in Christ. Remind each other, and yourself, how Jesus and his work are better than what we were believing in your sin. Remind each other how His work frees us from having to sin.

ACT (HANDS)



Led by the Holy Spirit, each week we should help each other bear fruit in keeping with repentance as we act in faith based on what is true of God. In light of what you’ve learned:

1. Rejoice in & thank God for how He is better than what sin offers!
2. Ask: What specific act(s) of obedience & habits is the Spirit leading you/us to take up? How would God have us live out our identity as Family, as Missionaries, as Servants, and as Disciples?
3. Ask: Who is God leading us to show and share the good news with this week?
4. Pray for one another and your friends not yet following Jesus.