

DNA **THE 4 G'S PRIMER**

**An Introduction to the 4 G's
& To the DNA Process**



Table of Contents

INTRODUCTION	3
WEEK ONE God is Great...So We Don't Have To Be In Control	4
WEEK TWO God is Glorious...So We Don't Have To Fear Others	7
WEEK THREE God is Good...So We Don't Have To Look Elsewhere For Our Satisfaction	10
WEEK FOUR God is Gracious...So We Don't Have To Prove Ourselves	13
APPENDIX 1 Daily Reading Journal Example	16
APPENDIX 1 Daily Reading Journal Example	17

Introduction

DNA stands for **Discover, Nurture, Act**. DNA groups ideally consist of three people (4 max) - men with men, women with women - who meet together weekly. These groups gather to grow, by the power of the Spirit, in their knowledge of themselves and their understanding and ability to speak the Gospel into each other's lives. As we understand, believe, and apply the Good News of Jesus to our lives we grow to become more like Jesus.

This study is also designed to help introduce The 4 G's. These are four overarching truths of God, developed and presented first by Tim Chester in his book, *You Can Change*. They give us common & reproducible language to remember and speak the Gospel. The 4 G's are like four buckets in which to place all that you know to be true about God and from which you can draw in order to preach the Gospel to the unbelief of your own hearts and those of others.

Weekly Reading

For the next four weeks we have also supplied daily bible readings that will help fill the bucket (enrich your understanding) of each of the 4 G's. Ideally, the 5 readings for the week would be read before each time you meet. Try reading one reading a day. Ask the Spirit to reveal, from each text, the answer to **The 4 Questions: Who God is → What He's done → Who we are → How we can live**. Jot down what The Spirit reveals in The Daily Reading Journal (provided in the Appendix). You might also want to jot down on the back of your daily journal where you've struggled specifically that week with sin, negative emotion, destructive cycle, etc. This will help prepare you for the Nurture part of the DNA meeting.

Wk. 1 God is Great	Wk. 2 God is Glorious	Wk. 3 God is Good	Wk. 4 God is Gracious
<input type="checkbox"/> Psalm 145 <input type="checkbox"/> Psalm 136 <input type="checkbox"/> Zephaniah 3:9-20 <input type="checkbox"/> Mark 2:1-12 <input type="checkbox"/> Ephesians 1: 3-23	<input type="checkbox"/> Exodus 15:1-18 <input type="checkbox"/> Psalm 24 <input type="checkbox"/> Psalm 19 <input type="checkbox"/> Acts 4:1-22 <input type="checkbox"/> Hebrews 1	<input type="checkbox"/> Isaiah 25:1-9 <input type="checkbox"/> Jeremiah 29:11, John 3:13-18 <input type="checkbox"/> Psalm 107 <input type="checkbox"/> Romans 8:28-39 <input type="checkbox"/> Luke 15:11-32	<input type="checkbox"/> Ephesians 2:1-10 <input type="checkbox"/> Psalm 86 <input type="checkbox"/> Luke 18:9-14 <input type="checkbox"/> John 8:1-11 <input type="checkbox"/> Matthew 9:1-13

The DNA Meeting

DNA members should commit to meeting together weekly for the next 4 weeks. Usually DNA groups will gather for 90 minutes, though they can easily go 2 hours. You might want to plan to meet a full 2 hours for your first meeting as you will likely spend some time getting to know each other.

You will spend time together to:

Discover: Pray to be led by the Spirit. Ask what did you discover this week in engaging with God's word? Read the scripture provided and ask **the 4 questions**. The goal is to teach the Head.

Nurture: Ask where the Spirit has been leading each person to repentance in light of the truths they discovered that week. Help each other discover the lies that they believe that were behind their sin, negative emotion, or destructive cycle. Help each member discover those lies working fruit to root. Speak the Gospel to each other to lead to repentance and faith! The goal is to shepherd the heart!

Act: Ask the Spirit to help you see how to live in line with the Gospel truth. This will often entail part of the truth you discovered in the 4 questions but the Spirit may help you see how to apply it to your specific situation. The goal is to empower the hands.

WEEK 1: GOD IS GREAT



DISCOVER

(30 mins)

Good Theology always starts with God's person and work. As you read through the bible reading ask **The 4 Questions**:

Who is God?

What is He like?

→

What Has He done?

How does this point to or flow from Jesus' life, death, resurrection

→

Who am I?

Apart from Jesus and because of Jesus?

→

What Do I Do?

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?

Read Psalm 95: 1-7

Who is God?

→

What Has He done?

→

Who am I?

→

What Do I Do?

--	--	--	--

Read Luke 4:31-41

Who is God?

→

What Has He done?

→

Who am I?

→

What Do I Do?

--	--	--	--

Read Romans 5:6-11

Who is God?

→

What Has He done?

→

Who am I?

→

What Do I Do?

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Article

God is Great! That means that God is sovereign. He is almighty and over all things. God created everything (Genesis 1). Jesus sustains everything by the power of His word (Hebrews 1:3). There is nothing that is beyond God's ability to do (Luke 1:37). God "works all things according to the counsel of his will" (Ephesians 1:11). God sustains and rules all. Jesus has control over the natural world, over every spiritual power, over sickness and even death (Mark 4:35-5:43). God uses his control for our good, our salvation, our transformation, and our restoration! (Romans 8:28-30, Philippians 1:6).

We tend to quickly forget God's greatness and sovereignty when things don't go our way. How do we then respond? Often by trying to be in control! When our computer crashes, we get stuck in traffic, when our kids don't obey, when our bank account is low, what do we try to do? We try to fix things. We see this in nearly every area of our lives: our time, career, finances, relationships, other people's actions, people's impressions of us.

What kind of bad fruit do these efforts to control everything produce in us? Generally, it produces negative emotions and actions: **worry, busyness, obsession, frustration, stress, controlling or manipulating others, lack of gentleness, pride** (when things go well), and **guilt** (when things do not go well).



Nurture

(40 mins)

Now that you've filled the buckets of your faith through the DISCOVER process, spend time talking about life's problems. This process only works with humble honesty. Remember, God's kindness allows us to repent without fear. Confess of the bad fruit in your life: your struggles with sin, negative emotion, destructive cycle, and addiction. You might want to stick with some recent or reoccurring example of the bad fruit from our article above.

Confess *Work fruit to root.*

1. Each person, use the blank fruit to root grid below to confess some bad fruit in your life.
2. Help each other carefully examine what lies you were believing in the roots of your heart that are behind a particular sin and dysfunction in your lives. Help the other work out what they were saying about who they were, what God has done, who God is.

Who is God? (False God)	← What Has God done? ←	Who Am I? ←	↓Start↓ ← What did/do I do? (Bad Fruit)
This is equally difficult to confess but in your sin what were you ultimately saying about God? How did you reimagine Him from what He truly is?	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 that you are valued before Christ?	Confess what happened. What were my negative thoughts, words, and actions? How did I sin?

↓Start↓

Who is God?
(False God)



What Has God done?



Who Am I?



What did/do I do?
(Bad Fruit)

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Speak the Gospel: God is Great...so we don't have to be in control

- With the Holy Spirit's help, shepherd one another's hearts to fresh faith in Jesus.
- Speak the Gospel to each other. What did you Discover about God in your weekly readings, in today's reading and Article that can speak to your specific sin.
- How is the truth of God better than the lie that was at the root of your sin?
- How is Jesus a better king than you are?



Act

(20 mins)

Led by the Holy Spirit, 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:

- **Rejoice:** Thank God for how He is better than what sin offers!
- **Ask: What do I do?**
How can we live now in light of this Gospel truth? As family? Missionaries? Servants? Disciples?
What specific act(s) of obedience & habits is the Spirit leading you/us to take up?

Who can I tell?

With whom can we share the good news and freedom we discovered/rediscovered today?

- **Listen:** The Spirit is our Guide. Spend some time in silence and see how God adds or changes the answers to the above questions.
- **Intercede:** Pray for your friends not yet following Jesus.

WEEK 2: GOD IS GLORIOUS



DISCOVER

(30 mins)

Good Theology always starts with God’s person and work. As you read through the bible reading ask *The 4 Questions*:

- Who is God?** → **What Has He done?** → **Who am I?** → **What Do I Do?**
- What is He like? → How does this point to or flow 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?

Read Psalm 29

- Who is God?** → **What Has He done?** → **Who am I?** → **What Do I Do?**

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Read Isaiah 6:1-8

- Who is God?** → **What Has He done?** → **Who am I?** → **What Do I Do?**

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Read Hebrews 2

- Who is God?** → **What Has He done?** → **Who am I?** → **What Do I Do?**

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Article

God is Glorious! That means that God is the most impressive and important being out there. He should be the weightiest in his terms of influence on our lives. As the author of life, as the source of love, as the creative genius behind the wonders and marvels of this existence, as the giver of all good gifts, as our good Father, as our Savior who else is worthy of our adoration and praise? Who else should we seek to please? Only he is worthy of living our lives for. He alone is Glorious!

Yet, we tend to quickly forget God’s Glory when we are threatened or tempted by another person. We conform our thoughts and actions to those whose wrath we fear, or whose approval and affections we desire. The bible calls this the fear of man.

What kind of bad fruit does the fear of man produce in us? Generally, it produces negative emotions and actions: **susceptibility to peer pressure, “needing” something from a spouse, a concern with self-esteem, being over-committed because we can’t say no, fear of being exposed, small lies to make ourselves look good, people making us jealous, angry, depressed, or anxious; avoiding people, comparing ourselves with others, and fear of evangelism.**ⁱ



Nurture

(40 mins)

Now that you’ve filled the buckets of your faith through the DISCOVER process, spend time talking about life’s problems. This process only works with humble honesty. Remember, God’s kindness allows us to repent without fear. Confess of the bad fruit in your life: your struggles with sin, negative emotion, destructive cycle, and addiction. You might want to stick with some recent or reoccurring example of the bad fruit in your life from our article above.

Confess *Work fruit to root.*

1. Each person, use the blank fruit to root grid below to confess some bad fruit in your life.
2. Help each other carefully examine what lies you were believing in the roots of your heart that are behind a particular sin and dysfunction in your lives. Help the other work out what they were saying about who they were, what God has done, who God is.

Who is God? (False God)	← What Has God done? ←	Who Am I?	← What did/do I do? (Bad Fruit)
This is equally difficult to confess but in your sin what were you ultimately saying about God? How did you reimagine Him from what He truly is?	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 that you are valued before Christ?	Confess what happened. What were my negative thoughts, words, and actions? How did I sin?

↓Start↓

Who is God?
(False God)



What Has God done?



Who Am I?



What did/do I do?
(Bad Fruit)

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Speak the Gospel: God is Glorious...so we don't have to fear others.

- With the Holy Spirit's help, shepherd one another's hearts to fresh faith in Jesus.
- Speak the Gospel to each other. What did you Discover about God in your weekly readings, in today's reading and Article that can speak to your specific sin.
- How is the truth of God better than the lie that was at the root of your sin?
- How is Jesus more attractive, important, and worthy than the person that you fear?



Act

(20 mins)

Led by the Holy Spirit, 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:

- **Rejoice:** Thank God for how He is better than what sin offers!
- **Ask: What do I do?**
How can we live now in light of this Gospel truth? As family? Missionaries? Servants? Disciples?
What specific act(s) of obedience & habits is the Spirit leading you/us to take up?

Who can I tell?

With whom can we share the good news and freedom we discovered/rediscovered today?

- **Listen:** The Spirit is our Guide. Spend some time in silence and see how God adds or changes the answers to the above questions.
- **Intercede:** Pray for your friends not yet following Jesus.

WEEK 3: GOD IS GOOD



DISCOVER

(30 mins)

Good Theology always starts with God's person and work. As you read through the bible reading ask **The 4 Questions**:

Who is God?
What is He like?

→

What Has He done?
How does this point to or
flow from Jesus' life, death,
resurrection

→

Who am I?
Apart from Jesus and
because of Jesus?

→

What Do I Do?
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?

Read Psalm 16

Who is God?

→

What Has He done?

→

Who am I?

→

What Do I Do?

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Read Matthew 6:19-34

Who is God?

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What Has He done?

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Who am I?

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What Do I Do?

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Read Matthew 13:44-46

Who is God?

→

What Has He done?

→

Who am I?

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What Do I Do?

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Article

God is Good! In the beginning He gave us everything we needed. He planted us in the garden called delight (Eden) where we were meant to live forever enjoying life close to our maker. We had no fear, anxiety, depression. We had no sickness, pain, injury, or death. Everything functioned as it should. We had peace within ourselves, with others, and with God. Even after we rebelled and separated us from God, he continues to desire and work towards restoring all people to what we were created to enjoy. He still provides for us daily our life, breath, and everything we have. He sent His Son, Jesus, into the world to bring us back to life to the full! His work on the cross has opened a way for us to be restored in every way to what we had in the beginning. We'll live in paradise, in God's presence, and have eternal joy!

Yet, we tend to quickly forget God's Goodness when we are tempted by some immediate pleasure. We think the pleasures of sin are immediate and the pleasures of God are far off and distant. We spend our lives restlessly chasing after one pleasure after another only to find that they don't last. So, you repeat the hunt. In the end, you never find the happiness you look for because you're always looking to something new to do for you what only God can do, to give you a lasting satisfaction only God can give. What kind of bad fruit does this produce in us? Generally, it produces negative emotions and actions: **restlessness, jealousy, boredom, quitting easy, coveting, escapism through fantasy, complaining, overworking, underworking, cheating, stealing, living on credit to live above our means, stinginess.**



Nurture

(40 mins)

Now that you've filled the buckets of your faith through the DISCOVER process, spend time talking about life's problems. This process only works with humble honesty. Remember, God's kindness allows us to repent without fear. Confess of the bad fruit in your life: your struggles with sin, negative emotion, destructive cycle, and addiction. You might want to stick with some recent or reoccurring example of the bad fruit in your life from our article above.

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2. Help each other carefully examine what lies you were believing in the roots of your heart that are behind a particular sin and dysfunction in your lives. Help the other work out what they were saying about who they were, what God has done, who God is.

↓Start↓			
Who is God? (False God)	← What Has God done? ←	Who Am I? ←	What did/do I do? (Bad Fruit)
This is equally difficult to confess but in your sin what were you ultimately saying about God? How did you reimagine Him from what He truly is?	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 that you are valued before Christ?	Confess what happened. What were my negative thoughts, words, and actions? How did I sin?

↓Start↓

Who is God?
(False God)



What Has God done?



Who Am I?



What did/do I do?
(Bad Fruit)

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Speak the Gospel: God is Good...so I don't have to look elsewhere for my satisfaction!

- With the Holy Spirit's help, shepherd one another's hearts to fresh faith in Jesus.
- Speak the Gospel to each other. What did you Discover about God in your weekly readings, in today's reading and Article that can speak to your specific sin.
- How is the truth of God better than the lie that was at the root of your sin?
- How is Jesus offer something better than the sin you've been tempted by?



Act

(20 mins)

Led by the Holy Spirit, 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:

- **Rejoice:** Thank God for how He is better than what sin offers!
- **Ask: What do I do?**
How can we live now in light of this Gospel truth? As family? Missionaries? Servants? Disciples?
What specific act(s) of obedience & habits is the Spirit leading you/us to take up?

Who can I tell?

With whom can we share the good news and freedom we discovered/rediscovered today?

- **Listen:** The Spirit is our Guide. Spend some time in silence and see how God adds or changes the answers to the above questions.
- **Intercede:** Pray for your friends not yet following Jesus.

WEEK 4: GOD IS GRACIOUS



DISCOVER

(30 mins)

Good Theology always starts with God's person and work. As you read through the bible reading ask **The 4 Questions**:

Who is God?

What is He like?

→

What Has He done?

How does this point to or flow from Jesus' life, death, resurrection

→

Who am I?

Apart from Jesus and because of Jesus?

→

What Do I Do?

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?

Read Romans 3:9-28

Who is God?

→

What Has He done?

→

Who am I?

→

What Do I Do?

--	--	--	--

Read Romans 6:23

Who is God?

→

What Has He done?

→

Who am I?

→

What Do I Do?

--	--	--	--

Read 1 Peter 2: 9-10

Who is God?

→

What Has He done?

→

Who am I?

→

What Do I Do?

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Article

God is Gracious! Because of our sin (Isaiah 53:6, Romans 3:23, etc.), which is rebellion against God (Romans 5:10), we deserve death (Romans 6:23) from the God of Justice (Isaiah 30:18). Yet Jesus has not given us what we deserve. Rather he's given us what we do not deserve. He has given us his life, his innocence, and his standing as a perfect son before the Father. This does not change based off our moral achievements or failures! We are no more loved when we succeed as when we fail. We are no less loved when we fail as when we succeed. Our relationship, and future, with God is secure, not by our work but by His! We are saved by grace!

Yet, we tend to quickly forget God's Grace when we've failed or when others suggest that we have. How do we then respond? We often want to justify ourselves, don't we? We want to be right. We want only affirmation. We want people to think we're doing great, that we're competent, successful, and generally great people. We don't always view ourselves this way, but it comes to the surface when we have an argument or someone questions one of our decisions. Suddenly, walls go up, the cannons come out. It's time to defend ourselves or prove our worth. We might not even know how sick this is until we have yet another sleepless night replaying that argument over and over again, imagining what we could have done to get the upper hand. Yet, God is Gracious, so we don't have to prove ourselves. What kind of bad fruit does this produce in us? Generally, it produces negative emotions and actions: **feeling burdened, being hard on self, unreachable high standards for self & others, slow to forgive or unforgiving, restless anger, joyless duty, anxious performance, proud comparisons**



Nurture

(40 mins)

Now that you've filled the buckets of your faith through the DISCOVER process, spend time talking about life's problems. This process only works with humble honesty. Remember, God's kindness allows us to repent without fear. Confess of the bad fruit in your life: your struggles with sin, negative emotion, destructive cycle, and addiction. You might want to stick with some recent or reoccurring example of the bad fruit in your life from our article above.

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This is equally difficult to confess but in your sin what were you ultimately saying about God? How did you reimagine Him from what He truly is?	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 that you are valued before Christ?	Confess what happened. What were my negative thoughts, words, and actions? How did I sin?

↓Start↓

Who is God?
(False God)



What Has God done?



Who Am I?



What did/do I do?
(Bad Fruit)

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Speak the Gospel: God is Gracious...so we don't have to prove ourselves!

- With the Holy Spirit's help, shepherd one another's hearts to fresh faith in Jesus.
- Speak the Gospel to each other. What did you Discover about God in your weekly readings, in today's reading and Article that can speak to your specific sin.
- How is the truth of God better than the lie that was at the root of your sin?
- How does Jesus grace make secure your identity, worth, and value? How does He give you a future?



Act

(20 mins)

Led by the Holy Spirit, 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:

- **Rejoice:** Thank God for how He is better than what sin offers!
- **Ask: What do I do?**
How can we live now in light of this Gospel truth? As family? Missionaries? Servants? Disciples?
What specific act(s) of obedience & habits is the Spirit leading you/us to take up?

Who can I tell?

With whom can we share the good news and freedom we discovered/rediscovered today?

- **Listen:** The Spirit is our Guide. Spend some time in silence and see how God adds or changes the answers to the above questions.
- **Intercede:** Pray for your friends not yet following Jesus.

Appendix 1

What's Next?

We hope that you have been enriched with this short, 4 week, taste of talking about life's problems and how Jesus is better in DNA groups. We hope that you have begun to grow in your knowledge of the bible (Head), and your trust in the Gospel (heart) and that your life has started to show the fruits of confidence in the Gospel (hands). We hope that you have a begun to experience joy and freedom in the Gospel and in journeying together with 2-3 other brothers or sisters in Christ. Why stop now? The more you journey together through the DNA process your will find increasing freedom and joy. We, at the Exchange have offered a number of resources to help you to experience effective and flourishing DNA groups. Go to TheExchangeCommunity.org. Under DNA groups you'll find a number of DNA group materials including:

DNA Start-up Guide

DNA Group Process

DNA Leadership Essentials

The Story of God in a year reading guide for DNA Groups

Fruit to Root Worksheet

Gospel Tree diagram

DNA Bookmark

Appendix 2

Daily Reading Journal

Who is God?	→ What Has He done?	→ Who am I?	→ What Do I Do?
<p><i>1 Peter 2:24-25</i></p> <p>Sin Bearer</p> <p>Shepherd Overseer of My Soul</p>	<p>Bore our Sins</p> <p>Protected me laid down his life for me takes care of me</p>	<p>was burdened by Sin Now I'm healed!</p> <p>His Sheep, Protected & Provided for.</p>	<p>Die to Sin, Stop living for self. I can live for God & His righteousness</p> <p>Follow, Rest, Trust</p>

¹ Qtd. In Chester, You can Change (Crossway, 2010) 83