

[CITY GROUPS X]

DNA QUICK START GUIDE

DNA Quick Start Guide

Formation: Three guys or three girls decide they want to be in a DNA Group together. Sometimes this is natural. Other times, a City Group leader might help assemble DNA Groups if the natural groupings don't already exist.

C2R: The first time a DNA Group meets, they should read through "Creation To Restoration" together and discuss it.

Stories: The DNA process only works if we know each other's personal stories. In order for this to happen, after a group goes through C2R together, they should then spend the next 1-3 meetings telling their personal stories using the resourced called "Telling Your Story With Jesus As The Hero".

DNA: Once your DNA Group has read the Story of God and each person has been able to share their personal story, then you'll want to start the regular, weekly rhythm of DNA, as described below.

Discover: Read the Bible and ask the following questions:

- Who is God?
- What has God done?
- Who are we?
- If that's all true, how would we live differently?

Nurture: Apply what you've discovered to yourselves.

Our beliefs lead to our actions. The nurture phase is about discovering what our hearts truly believe. After answering the questions in the Discover phase, discuss the following questions together:

- If I was someone else, but watching my own life, what would I think that I believed was true about this topic?
- What am I believing that isn't lining up with what I know to be true according to the bible?

Once you, along with the others in your DNA Group, have nailed down what it is that you're wrongly believing, it is important to:

- Acknowledge your sin in not believing what God has said is true. This is the same sin that Adam and Eve committed in the garden of Eden which first broke the relationship between man and God. They believed that God had lied to them and that he didn't have their best intentions at heart.
- Ask God to change your heart and help you believe what is true. Pray with your group for each other's hearts to believe the truth.

Act: What are you going to do differently?

Once you've worked through the Discover and Nurture phases together, answer the following questions and commit to hold each other accountable throughout the week:

- What am I going to do differently because of this?
- Who am I going to tell what I've learned?

Grow and Multiply: After establishing DNA as a regular rhythm, go to the DNA Guide packed at read about how to Grow and Multiply (Lifecycle of a DNA Group).