



# CITY LIGHT CHURCH

DNA Group Guide



# DNA GROUPS

DISCIPLESHIP. NURTURE. ACCOUNTABILITY

The mission of God is to restore all things to himself in and through the work and person of Jesus Christ. His chosen vehicle through which he is accomplishing that mission is the church. As God restores us to himself, he is also restoring us to be who he intends us to be. This restoring work does not happen in isolation, but rather in and through our relationships with each other as family. We do not do it alone. We need each other.

## What is a DNA Group?

A DNA Group usually consist of three people—men with men, women with women—who meet together weekly to be known and to bring the gospel to bear on each other’s life so that they grow in and live out our identity and rhythms. DNA Groups are not about seeking the approval of people; God’s approval—the only approval that matters— is already ours because of Jesus’ perfect life, death and resurrection which makes us perfect. (Galatians 1:10; 2 Corinthians 5:21) A DNA group consistently prays for and is proactively involved with those that are not yet reconciled to the Father.



# Organic Rhythms

## Discipleship

*Transformed by the gospel into the image of Christ.*

1. Remind each other of our new Identity in Jesus Christ (a child of God; an ambassador of the King; a servant of the creator of the universe; a learner who is being made whole).
2. Admonish and teach one another to obey Jesus' commands.  
([Matthew 28:18-20](#); [Colossians 3:15-17](#))
3. Train each other to serve in tangible ways. ([Ephesians 4:11-32](#))

Scripture saturates the DNA Groups. It is read and studied both in context and in community. The desire is that the power of God's word will permeate the lives of the members. This is a foundational component of the DNA Group as through God's word, we learn about God's identity, and what it means for our identity as His children.

## Nurture

*Walking in the light. Growing in the Spirit.*

1. Get to know one another's stories, listening closely to each other and to the Holy Spirit so we can carefully and empathetically direct each other to truth.  
([John 16:7-15](#))



2. Check one another's passions: How are you doing? Who are you loving well? Not so well? Where are you living in fear? What can we celebrate with you? What are you struggling through? (**Romans 12:10,15**)
3. Pray with and for each other. (**Romans 12:12; Ephesians 6:18; James 5:16**)
4. Confess your sins to one another. (**James 5:16**)

Empathetically direct each other to the truth of God's word that we learn in discipleship.

## **Accountability**

*Encourage each other to live out what we believe.*

1. Review the past week and how faithful we have been in keeping our word.
2. Speak the truth in love as we see areas of sin (correcting and rebuking with God's Word when necessary.)
3. Set goals and help each other fulfill them through the guidance of the Holy Spirit.

Help each other to see who we are in Christ, and live out our lives in light of what we know about the identities of God.

A DNA Group is also **missional**.

1. Pray to the Lord of the harvest to send out laborers.
2. Pray for souls strategically, specifically, and continuously.
3. Live as sent-ones incarnationally, intentionally, and continuously.
4. Identify people you feel led to pray for their salvation. As a group intentionally seek God on their behalf.



## Practical Info

1. Develop a consistent rhythm to your DNA Group. Picking a designated meeting time that is consistent from week to week will help to create a designated time to insure regular interaction with each other.
2. Be wise about your meeting place. A coffee shop can work for some groups, but it may not give you the privacy you'll need for honest conversation.
3. Do life together outside of this one weekly meeting. In order to truly develop intimacy in these groups, it is important to enter into each other's lives, and walk together daily as you strive to become more and more like Christ.
4. Pick a book of the Bible and study it together. Word-centeredness, not circumstance-centeredness or self-centeredness, is essential to the core of these groups.

Among the last things that Jesus said to his followers as he prepared to leave the Earth was this: "All authority in heaven and on Earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age." Matt. 28:18-20

Those who follow Jesus as his disciples don't live merely for their own comfort. Jesus' disciples seek to make disciples who make disciples. There is an expectation of multiplication in Jesus' parting commission.



Because of this, the hope for our DNA Groups is that each participant would one day lead another group. From conception, each group should begin praying about who God might call them to lead in the future.

## Weekly Rhythms for Meeting Times

DNA Groups are a safe place to be honest and transparent. Trust is essential to develop an environment where the truth of God's word saturates, the truth of what this means for us in life permeates, and the sin that entangles us eliminates. We want to expose and fight against the sin in our life, not to earn anything from God, but to honor him more and more with our lives. The power of the Holy Spirit to help break through sin habits, and barriers in discipleship is essential to these groups.

Weekly meetings are encouraged for the sake of spending time discipling, nurturing, and holding each other accountable. When this gathering takes place, below are some components which should characterize your time together.

### **P**rayer

Begin with a few moments of prayer. Try to allow times of silence before God, as the Spirit leads. Build in times of adoration, reflection on the holiness of God, praise, confession, intercession and requests.

### **N**urture

Get to know each other's stories. Take time to listen closely to each other and to the Holy Spirit so we can carefully and empathetically direct each other towards



the truth. Listen for the evidence of instances where we have bought into a lie, and accepted a mistruth about God, and who we are in him.

Ask questions. Below is a list of some things that could stimulate conversation in your groups:

- How are you doing?
- Who are you loving well? Who are you not showing love to well?
- Where have you allowed fear into your life?
- What are some things God is doing that we can celebrate?
- What are some things you are struggling with?
- Where are the dark spaces in your life? Is there any unconfessed sin?
- What has God shown you through the reading this week? Have you been completely honest with the other members of your group?

## Discipleship

Take time each week to discuss the scripture reading that you are studying. Some questions you may ask to process the reading could be:

- What stood out to you from the reading this week?
- What challenged you the most?
- Was there anything that you had trouble embracing or understanding?
- What did you learn about God? About Jesus? About the Holy Spirit? What would it look like to apply the truth from this passage into your life?

## Missional

Spend time each week actively praying for the sojourners you have identified. Some things to consider are:



- Who are the people you are praying for? Have you actively attempted to point them towards reconciliation with God?
- What next steps should you take in your relationships with them?
- What does good news mean for them right now? Are you praying for them faithfully?

You can end this portion of time together by praying for them.

## **A**ccountability

Encourage each other to live out what God has revealed to you through the truth of his word. Set goals, and help each other strive to fulfill them. Remind each other that these actions are not to gain anything from God as it has already been freely given. We pursue righteousness out of what we have already received from God. Speak the truth in love to each other as you see areas of sin that need addressing, and correct and rebuke with God's word.

Consider where in your daily rhythms can you be more intentional and faithful in living on mission for God. Consider those who you can invite on the mission with you. Consider things that you could do together as a group during the week that you can invite some of those you have been praying for to join you.

Discuss any final questions/comments, and pray for each other as you are commissioned out!

