



Redeemer City
CHURCH

DNA Group Starter Guide
2024

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What is a DNA Group?

DNA Groups are where we pursue growing as a movement of disciple-making disciples. We believe these groups can help catalyze spiritual formation in your life through consistent relationships and a commitment to in-depth Bible Study and accountability. DNA groups are gender specific small groups of 3-5 covenant members who commit to meet regularly for 10 months of focused Bible Study, prayer, and accountability. "DNA" simply stands for *discipleship*, *nurture*, and *accountability*:

- **Discipleship**: Someone who is growing in the five identities of a disciple and helping others do the same.
 - We define a disciple around five identities: a disciple is a worshiper, family member, servant, steward, and witness.
- **Nurture**: A safe context to receive the support and care we need to grow as disciples.
- **Accountability**: Asking intentional questions to help us grow in the identities of a disciple.

How to Use This Guide

This guide is an interactive booklet that introduces the discipleship identities and other elements of the group to help you start strong. We encourage each member to have a booklet and use it for the first six weeks.

Three Important Reminders Before You Begin

This guide is a relational tool to foster discipleship in relationships.

- While individual study is helpful, discipleship happens in relationships. DNA groups are not about improving your individual study; it's a context for cultivating relational discipleship. Our hope is that DNA groups will promote a lifestyle of cultivating relationships that help you and others grow in Christ.

DNA Groups are Bible-saturated.

- God gives us new birth through his Word (James 1:18; 1 Peter 1:23), and he sustains and matures us through his Word (Matthew 4:4). Disciples grow by feeding on God's Word. The anchor of DNA Groups is the Bible, because we want you to dig into the Scriptures. Group meetings should always be accompanied by a Bible. This book will pass away, "but the word of the Lord endures forever" (1 Peter 1:25 CSB). After a year in a DNA group, we want you to feel equipped in using the Bible for discipleship.

DNA Groups are designed to transform your affections, beliefs, and practices.

- We say that the Christian life is not a matter of behaving better or doing more, but of going deeper. We believe that a deeper study of God's word and a deeper commitment to relationships will shape all of your life—your affections, beliefs, and practices. Your affections, because God wants to inflame your heart with a passion for his glory. Your mind, because God wants to inform your mind with his Word. Your practices, because God wants to transform your habits for a life of obedience to him. Our prayer is that God would transform all of your life as you pursue walking with him.

Week 1

GETTING STARTED

Welcome to your first meeting! This week will look different than future meetings. Take time this week to get to know one another, set clear expectations, work through this session's content, and sign the DNA Group commitment.

Questions To Ask Each Other:

Below is a list of questions you can discuss as a group. You most likely will not have time to go through all of them, but pick 1-2 and designate half your meeting time to discussing them (Consider picking one and then come back to the other questions in the following weeks).

- Share a 2-3 minute version of your testimony.
- What are you most looking forward to in this group?
- Tell us about your family, work, and personal hobbies.
- What is one thing that you are excited or intrigued by right now

Set Expectations:

It's important that we all have the same expectation for this group. This is a high commitment group where we pursue growing as a movement of disciple-making disciples. Whether you choose to meet the recommended rhythm of three weeks on one week off, or weekly, it's imperative that everyone commit to the meeting time and the weekly practices. The goal of this group is to focus on growing in the five identities of a disciple together over the next year. **The five identities of a disciple are:**

- **Worshiper:** A disciple seeks to know, love, and obey God above all else.
- **Family Member:** A disciple is actively committed to others in the church family.
- **Servant:** A disciple gladly gives of themselves for the good of others.
- **Steward:** A disciple manages God's gifts for God's purposes.
- **Witness:** A disciple proclaims Christ in word and deed.

Weekly Practices and Accountability:

The goal of the weekly practices and accountability questions are not to say, “I do _____.” The goal of both is to become more like Jesus. Or, as Paul says, to “not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect” (Rom 12:2). **The point, then, is not your *doing*, but your *resting*.** Following Jesus, or practicing the way of Jesus, is often hard, countercultural, and counterintuitive, but it is ultimately an invitation for us to take up “his yoke,” which is easy, light, and gives rest to our souls.

Weekly practices:

1. Group Meeting

- Your presence in your DNA Group *and* City Group matters. We are not committing to the time, we are committing to each other. This is a practice that helps you take your focus off of yourself to allow God to work in your life through his body. It also teaches you how to encourage others through what God is doing in your life.

2. Personal Bible Reading (H.E.A.R. Method)

- This is the practice of hearing and listening to God. The study questions for DNA groups follow the H.E.A.R. method. Weekly guides will be sent for group study, but we also encourage you to keep a separate H.E.A.R. Journal as a tool to help you pause, reflect, and respond to what God is saying to you.

3. Honest Accountability

- Spiritual formation cannot happen outside the context of honesty. Accountability is not about receiving a *grade*, it is the act of receiving the *grace* and truth we need to grow in Christlikeness (Eph. 4:11-32).

4. Prayer & Sabbath

- These are both practices that are countercultural and can feel difficult and awkward. The idea is both to start small and start somewhere, because these practices will unleash the renewing power of the gospel into our lives.

5. Mission

- Mission is ultimately a question of stewardship, how are you stewarding your time, talent, and treasure for God’s kingdom instead of “your kingdom” each week. Think through the grid of pray, give, go.
 - **Pray:** Who are you praying for weekly that is close to you but far from God?
 - **Give:** Are you giving financially to God’s mission by giving to the church? What can you leverage for God’s kingdom?
 - **Go:** Who are you pursuing a discipleship/evangelistic relationship with? Consider taking a short-term mission trip this year (We think every member of RCC should take a short-term trip every three years).

Normal DNA Group Meeting Rhythm (60-90min):

Catch Up (10-15 minutes): Spend the first ten minutes catching up. If you want, you can be more structured in this time and have each person share a “high” and “low” of the week.

Weekly Bible Study Guide (35-45 minutes): Groups will walk through a short Bible study guide (*Starter Guide for the first six weeks*) for each meeting that incorporates the H.E.A.R. Bible study method. These guides will usually align with the same passage from the sermon and City Groups to allow a time of deeper study, reflection, and accountability. The guide will also include specific questions on the spiritual practices such as Sabbath, prayer, fasting, and mission.

Prayer (10-15 minutes): Finish the time by having each person share something specific and personal that the group can pray for.

DNA Group Commitment

During the duration of this group, I will do my best to...

- Give myself fully to the Lord during this time by pursuing spiritual formation through the Word of God and the people of God.
- Commit to this group and consider how I may best spur others on in their relationship with Jesus.
- When unable to attend a meeting, I will stay involved through sharing about time with Jesus and prayer requests. I'll also commit to remain consistent in my City Group.
- Contribute to a group atmosphere of confidentiality, honesty, and transparency.
- Pray every week for the other members of my DNA Group and those in my life who don't know Jesus.
- Pray and look for others in the church who I can invite into a new DNA Group when my current group decides to multiply.

Signed Member: _____

Date: _____

What is a H.E.A.R. Journal?

A H.E.A.R. Journal is a simple way to help you read the Bible with the intention of applying it. By asking four simple questions, you can understand and apply any passage. In addition, journaling is a great discipline because it helps you slow down, enabling rest, reflection, and retention.

This journal can simply be a personal tool to use as you meet with God. There is not a set amount of H.E.A.R. Journals that you must do each week, but the goal with this practice, as with all of the others, is to grow as time goes on. Consider how often you currently journal and do “+1” of that. So, if you have never journaled, just start with the passage in the study guide each week. If you journal occasionally, try to do three times a week. The hope is that as you get more comfortable with this practice and experience its benefit you’ll want to increase this number throughout the year. Create a H.E.A.R. Journal by using these four categories:

- **H(HIGHLIGHT):** What is a verse(s) that stood out to you in your reading?
- **E(EXPLAIN):** What do you think is the author’s intended meaning of the passage?
- **A (APPLY):** How should I apply this passage this week? What does God want me to: Understand? Believe? Desire? Do? Think *practically* where you live, work, or play, and *specifically* about the five identities of a disciple.
- **R(RESPOND):** Formulate what God is teaching you into a short prayer.

Sample H.E.A.R. Journal

READ: Philippians 4:13

DATE: March 1, 2023

H (Highlight) - “I am able to do all things through Him who strengthens me.” Philippians 4:13

E (Explain) - Paul was telling the church at Philippi that he has discovered the secret of contentment. No matter the situation in Paul’s life, he realized that Christ was all he needed, and Christ was the one who strengthened him to persevere through difficult times.

A (Apply) - In my life, I will experience many ups and downs. My contentment is not found in circumstances. Rather, it is based on my relationship with Jesus Christ. Only Jesus gives me the strength I need to be content in every circumstance of life.

R (Respond) - Lord Jesus, please help me as I strive to be content in You. Through Your strength, I can make it through any situation I face.

Accountability Questions

Core Questions:

Each week, we may ask these two questions. Remember, the point is not your “doing,” but your “resting.”

1. How is God leading you to respond to this passage?
2. How are you growing/want to grow in one of the five identities?
3. How can we pray for your next step with someone you are praying for and pursuing? (Who are your “three”?)

Additional Accountability

Take one of the identities of a disciple and ask:

(Worshiper, Family Member, Servant, Steward, Witness)

- Where do you resist this, and why might you be resisting this in your life?
- How is this identity currently fostering joy and the fruit of the spirit in your life (Gal. 5:22-24)?
- Do you need any support, how can others help you?
- Is there a practical step you need to take this week in this area?

Think through your relationships and ask:

- Have you honored God and the people in your life with your thoughts, words, time, and actions this week?
- Have you pursued or participated in anything sinful or unethical this week?

Think through your relationship to your stuff and your time:

- Are you being a good steward of the time, talent, and treasure that God has entrusted you?
- Financially, are you giving regularly to the church? Are you investing in worldly pleasures or in heavenly treasures?

Week 2

WORSHIPER

Introduction

A disciple seeks to know, love, and obey God above all else.

At the heart of being a disciple is worshiping God through Christ. When Jesus calls us to follow him, he is calling us to worship him. The Father is seeking worshipers who will offer him true worship from the heart. This is what Jesus told the woman at the well:

²³But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. ²⁴God is spirit, and those who worship him must worship in spirit and truth.' (John 4:23–24)

To be a disciple of Jesus is to be a worshiper of Jesus.

God sent Christ to turn idolators into worshipers. By nature, we don't honor God through worship, but we dishonor him through idolatry (Romans 1:21–23). Idolatry is worshiping anything other than God, or the folly of asking any gift to be the giver. Jesus died in our place to take the punishment we deserve for worshiping idols (Romans 3:25). All who trust in Christ are united to him by faith. God's Holy Spirit gives us new eyes and hearts to see that worshiping Christ is more glorious than idolatry (2 Corinthians 4:4–6).

As disciples, we have the awesome privilege of worshiping God. What does it mean to worship? John Piper says, "... true worship is a valuing or a treasuring of God above all things ... In fact, the English word 'worship' comes from 'worth ship.' That is, worship is showing, displaying the worth of God."¹

As we learn more about the worshiper identity, we should remember that all *outward* expressions of worship are meaningless without the *inner* affections for God. Jesus criticizes those who only pay lip service to God saying: "⁸This people honors me with their lips, but their heart is far from me; ⁹in vain do they worship me, teaching as doctrines the commandments of men" (Matthew 15:8–9). At Redeemer City, this is why one of our values is "Formation," that we pursue gospel renewal by learning to obey Jesus in all of life. Spiritual formation leads to a life of worship and joy in Christ.

¹ John Piper, Episode 848: "What Is Worship?" April 29, 2016, *Ask Pastor John*, produced by Desiring God, <https://www.desiringgod.org/interviews/what-is-worship>.

WORSHIPER

Week 2 Reading & Meeting Plan

Practice keeping a H.E.A.R Journal as you work through these passages. Bring your journal and a Bible with you to your weekly meeting.

Days:

1. **Bible Study: Ephesians 1**
2. **Scripture: 2 Timothy 3:14-17**
3. **Prayer: Matthew 6:5-15**
4. **Corporate Worship: Ephesians 5:1-21**
5. **Meeting Guide**

Meeting Guide:

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Meeting Schedule:

- **Catch up (10-15 minutes):** Spend the first ten minutes catching up. If you want, you can be more structured in this time and have each person share his or her "high" and "low" of the week.
- **H.E.A.R. Journals (25-35 minutes):** Go around and share what H.E.A.R Journal stood out the most last week, and what God is teaching you.
- **Accountability (10-25 minutes):** How is God leading you to respond to his word? How are you growing/want to grow in this identity of a disciple? How can we pray for your next step with someone you are praying for and pursuing? (Who are your "three"?)
 - Reference other accountability questions on p. 8.
- **Prayer (10-15 minutes):** Finish the time by having each person share something specific and personal that the group can pray for.

Week 3

FAMILY MEMBER

Introduction

A disciple is actively committed to others in the church family

What is the church? The Bible uses various images to communicate what the church is: the body of Christ, the bride of Christ, the temple of God, and various others. One of the most endearing images is that of a family, a “household of faith” (Galatians 6:10). God the Father adopts us into his own household through his Son (Ephesians 1:5). In Ephesians 3:14–15, Paul speaks of God as the Father, “from whom every family in heaven and on earth is named ...” Commenting on this verse, one author writes:

The Greek word for family here is *patria*, implying clearly the father or patriarch as the originator of the family. For God’s family, the one and only originator is the heavenly Father who takes as his children all who accept his Son and who thereby take his name, his identity, his reputation. Ephesians 3:15 may also be translated ‘from whom every family in heaven and on earth derives its name.’ God is the eternal Father, the ultimate origin of any family of any kind that could ever exist.

... when the writers of the epistles refer to their fellow believers as ‘brothers’ and ‘sisters’ in the Lord more than a hundred times, they are not simply using a decorative or emotionally compelling image. The physical family is not a concrete picture of an abstract idea; rather, it is one step toward an even greater reality. These writers are addressing fellow members of an eternally real spiritual family, whose origin is the ultimate reality, God. The family members are unified by the seed and blood of Christ. When the writer of Hebrews says, ‘Keep on loving each other as brothers’ (Heb 13:1), he does not mean that Christians resemble brothers; he means that they participate in the true family of God and so must act accordingly.²

The family of God is not united by one particular political party, ethnicity, gender, or language. God’s family is united by the person of Christ himself. On the last day, people from every tribe, language, people, and nation will gather together and worship Christ. Thus, the family of God is a multiethnic family. God has made us a part of his family. As disciples, we are family members, united to one another through our union with Christ. This is why one of our values at Redeemer City is “Gospel,” that we aim to reflect the gospel in all things. Our unity is one of the primary ways we reflect the gospel and bear witness to the power of the gospel.

²*Dictionary of Biblical Imagery*, eds. Leland Ryken, James C. Wilhoit, Tremper Longman III (Downers Grove, IL: InterVarsity Press, 2000, s.v. “Family,” 267.

FAMILY MEMBER

Week 3 Reading & Meeting Plan

Practice keeping a H.E.A.R Journal as you work through these passages. Bring your journal and a Bible with you to your weekly meeting.

Days:

1. **Bible Study: Ephesians 2:16–22**
2. **Protection From Sin: Hebrews 3:7-14**
3. **Church Membership: 1 Corinthians 5:9-13**
4. **Life Together: Acts 2:41-47**
5. **Meeting Guide**

Meeting Guide:

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Meeting Schedule:

- **Catch up (10-15 minutes):** Spend the first ten minutes catching up. If you want, you can be more structured in this time and have each person share his or her “high” and “low” of the week.
- **H.E.A.R. Journals (25-35 minutes):** Go around and share what H.E.A.R Journal stood out the most last week, and what God is teaching you.
- **Accountability (10-25 minutes):** How is God leading you to respond to his word? How are you growing/want to grow in this identity of a disciple? How can we pray for your next step with someone you are praying for and pursuing? (Who are your “three”?)
 - Reference other accountability questions on p. 8.
- **Prayer (10-15 minutes):** Finish the time by having each person share something specific and personal that the group can pray for.

Week 4

SERVANT

Introduction

A disciple gladly gives of themselves for the good of others.

Paul was an apostle of Christ Jesus and wrote a large portion of the New Testament. However, he still regularly identified himself as a servant of Christ Jesus (Romans 1:1; Philippians 1:1; Titus 1:1). As did Peter, James, and Jude (2 Peter 1:1; James 1:1; Jude 1:1). Even Jesus, our Master and Lord, calls himself a servant and says we are to follow him as servants (John 13:13–16). Thus, to be a disciple of Christ is to be a servant of Christ.

By nature, we are not God's servants but servants of sin. When we were slaves to sin, we loved obeying our sinful desires (Romans 6:15–19). But when God united us to Christ through faith, he released us from our slavery to sin, and we are “enslaved to God” (Romans 6:22 CSB). So, the question is not whether we will be servants, but *whose* servants we will be—God's or something else's (Romans 6:15–23)? Disciples are not begrudging servants of God; they love to serve him because they are “obedient from the *heart*” (Romans 6:17).

Glad obedience to God is essential to being a servant of God. So, naturally, part of making disciples is teaching others what obedience to Christ looks like: “¹⁹... make disciples ...²⁰teaching them to observe all that I commanded you” (Matthew 28:19–20). Earlier in Matthew, Jesus commands the disciples to serve one another:

‘²⁶... but whoever would be great among you must be your servant,²⁷and whoever would be first among you must be your slave;²⁸even as the Son of Man came not to be served but to serve, and to give his life as a ransom for many.’ (Matthew 20:26–28 RSV)

Disciples don't seek to be served. Rather, they sacrificially serve others, the way that Christ served them. Christ gave his life as a ransom for us, and that is why servants of Christ gladly give of themselves for the good of others. Serving is one of our identities as a disciple but it also intersects with ALL the other identities:

- Serving is an act of **worship**.
- Serving is one way we live as **family members** in the church.
- Serving is the central way we live out of our identity as a **servant**.
- Serving is an opportunity to **steward** our **time** and **talent**.
- Serving helps move our weekend gathering from an **event** to a **witness**.

SERVANT

Week 4 Reading & Meeting Plan

Practice keeping a H.E.A.R Journal as you work through these passages. Bring your journal and a Bible with you to your weekly meeting.

Days:

1. **Bible Study: Philippians 2:1-11**
2. **Reaping the Reward: Colossians 3:1-17**
3. **Freed to Serve: Galatians 5:13-26**
4. **Servants of All: Galatians 6:1-10**
5. **Meeting Guide**

Meeting Guide:

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Meeting Schedule:

- **Catch up (10-15 minutes):** Spend the first ten minutes catching up. If you want, you can be more structured in this time and have each person share his or her "high" and "low" of the week.
- **H.E.A.R. Journals (25-35 minutes):** Go around and share what H.E.A.R Journal stood out the most last week, and what God is teaching you.
- **Accountability (10-25 minutes):** How is God leading you to respond to his word? How are you growing/want to grow in this identity of a disciple? How can we pray for your next step with someone you are praying for and pursuing? (Who are your "three"?)
 - Reference other accountability questions on p. 8.
- **Prayer (10-15 minutes):** Finish the time by having each person share something specific and personal that the group can pray for.

Week 5

STEWARD

Introduction

A disciple manages God's gifts for God's purposes.

God is the Creator, and he owns everything, including us: “The earth and everything in it, the world and its inhabitants, belong to the LORD ...” (Psalm 24:1 CSB). As the owner of all things, he is self-sufficient and needs nothing from us: “If I were hungry, I would not tell you, for the world and everything in it is mine” (Psalm 50:12 CSB). Since ultimate ownership belongs to God, all that we have, we possess as stewards.

A steward is one who manages things on behalf of the owner. This is how the word is used by Jesus in the parables in Luke 12:35–48, where he teaches that we are like stewards, whom God (the master) has left in charge while he is away. Upon his return, the master judges the stewards according to how they managed what they were given (Luke 12:42). Jesus teaches that God’s people should remember that the owner of all things is returning, and we will give an account to God of how we managed what he entrusted to us.

The Apostle Paul sees himself as a steward of the message God gave him (1 Corinthians 4:2). Peter tells us that we should be good stewards of God’s varied grace. This means that we should use every gift that God gives us for his glory and the good of others. The Apostle Peter writes in 1 Peter 4:10–11:

¹⁰Just as each one has received a gift, use it to serve others, as good *stewards* of the varied grace of God. ¹¹If anyone speaks, let it be as one who speaks God’s words; if anyone serves, let it be from the strength God provides, so that God may be glorified through Jesus Christ in everything. To him be the glory and the power forever and ever. Amen. (CSB)

We can apply the principle of stewardship to all of life because everything we have is a gift from God. Our existence, our bodies, our relationships, our time, our talents, our treasures, our jobs, everything—none of it is really *ours*; they are all *his*. We are stewards, and he is the owner. Thus, a disciple is a steward who manages God’s gifts for God’s purposes.

STEWARD

Week 5 Reading & Meeting Plan

Practice keeping a H.E.A.R Journal as you work through these passages. Bring your journal and a Bible with you to your weekly meeting.

Days:

1. **Bible Study: 2 Corinthians 9:6-15**
2. **The Gospel Changes Everything: Matthew 19:16-30; Luke 21:1-4**
3. **The Motivation for Generosity: Luke 19:1-10; Mark 8:27-38**
4. **Stewarding All of Life: Ephesians 5:1-20**
5. **Meeting Guide**

Meeting Guide:

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Meeting Schedule:

- **Catch up (10-15 minutes):** Spend the first ten minutes catching up. If you want, you can be more structured in this time and have each person share his or her "high" and "low" of the week.
- **H.E.A.R. Journals (25-35 minutes):** Go around and share what H.E.A.R Journal stood out the most last week, and what God is teaching you.
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 - Reference other accountability questions on p. 8.
- **Prayer (10-15 minutes):** Finish the time by having each person share something specific and personal that the group can pray for.

Week 6

WITNESS

Introduction

A disciple proclaims Christ in word and deed.

How can people know the truth about Jesus? God has not left us without witnesses to answer that question. God the Father bears witness to the truth of his Son, Jesus (John 8:18). Jesus bears witness about himself (John 8:14). Jesus promised that when the Holy Spirit came, he, too, would bear witness about him (John 15:26). The Scriptures bear witness about Christ (John 5:39), as do all of Christ's works (John 10:25). In addition to all these witnesses, Jesus' disciples also bear witness about him (John 15:27).

Jesus wants his disciples to be his witnesses to all the nations. This truth is clear in Luke's record of Jesus' birth, life, death, burial, resurrection, and ascension. Jesus Christ came into the world and died on the cross for the sins of all who would trust in him. God the Father raised him from the dead. The gospel of Luke records the resurrected Jesus' encounter with his disciples:

⁴⁴He told them, 'These are my words that I spoke to you while I was still with you—that everything written about me in the Law of Moses, the Prophets, and the Psalms must be fulfilled.' ⁴⁵Then he opened their minds to understand the Scriptures. ⁴⁶He also said to them, 'This is what is written: The Messiah will suffer and rise from the dead on the third day, ⁴⁷and repentance for forgiveness of sins will be proclaimed in his name to all the nations, beginning at Jerusalem. ⁴⁸You are *witnesses* of these things. ⁴⁹And look, I am sending you what my Father promised. As for you, stay in the city until you are empowered from on high.' (Luke 24:44–49 CSB)

Jesus tells his disciples that after they receive power from on high (v. 49), they are to witness to all the nations about Christ (vv. 46–48). Notice the same pattern in the last recorded words of Jesus before his ascension into heaven: "' ... you will receive power when the Holy Spirit has come on you, and you will be my *witnesses* in Jerusalem, in all Judea and Samaria, and to the ends of the earth'" (Acts 1:8 CSB).

In the rest of the book of Acts, the disciples bear witness to Christ's words and deeds (Acts 2:32; 3:15; 4:33; 5:32; 10:39; 13:31; 26:12). God desires the nations to know the truth of Christ, and he grants his disciples the Holy Spirit so that they may be his witnesses. Thus, every disciple is to be a witness who proclaims Christ in word and deed.

WITNESS

Week 6 Reading & Meeting Plan

Practice keeping a H.E.A.R Journal as you work through these passages. Bring your journal and a Bible with you to your weekly meeting.

Days:

1. **Bible Study: Matthew 28:18–20**
2. **Evangelism: 2 Corinthians 5:11-21**
3. **Global Missions: Matthew 28**
4. **Sharing the Gospel: Romans 3:9-31**
5. **Meeting Guide**

Meeting Guide:

Discipleship happens in relationships, so cultivating relationships around the Bible is one of the main aims of this study. In your time together, your goal isn't merely to get through the material. Be sure to get to know one another. Asking good questions and being fully present will go a long way. This page is meant to be a guide, not a script to follow. Make sure to bring a hard copy of the Bible along with your DNA Starter Guide to your meeting.

Meeting Schedule:

- **Catch up (10-15 minutes):** Spend the first ten minutes catching up. If you want, you can be more structured in this time and have each person share his or her “high” and “low” of the week.
- **H.E.A.R. Journals (25-35 minutes):** Go around and share what H.E.A.R Journal stood out the most last week, and what God is teaching you.
- **Accountability (10-25 minutes):** How is God leading you to respond to his word? How are you growing/want to grow in this identity of a disciple? How can we pray for your next step with someone you are praying for and pursuing? (Who are your “three”?)
 - Reference other accountability questions on p. 8.
- **Prayer (10-15 minutes):** Finish the time by having each person share something specific and personal that the group can pray for.

Appendix: Bible Reading Plans for All Seasons

“The goal of Bible reading isn’t achieving a certain feeling; it’s not checking a box on the to-do list. It’s adding incrementally, day by day, year by year, to your understanding of God’s character and your salvation. That deepening understanding leads to solid joy—not just a fleeting emotional boost—that will become the foundation for your life experiences.” - Colleen Mcfadden

Five Day Bible Reading Plan



Bible Project One Year Reading Plan



Foundations Family Plans



Plan for New Followers of Jesus



The 5x5x5 Bible Reading Plan





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