



DNA GROUP GUIDE



WHAT IS A DNA GROUP?

- This group of 2-4 people exists on a foundation of mutual trust, respect, and confidentiality.
- The focus of this group is forming deep, spiritual friendships.
- This is a sacred space to share in one another's lives.



POTENTIAL GROUP QUESTIONS

- What has your experience of God been this week?
- When have you felt especially close to or distant from God this week?
- What have you struggled with or found joy in this week?
- Do you have a recent kairos moment you'd like to share? (More info on kairos is available in your group resources.)



HOW DOES A DNA GROUP MEET?

- Consistency and intentionality are key.
- Consider meeting for 60-75 minutes 2x/month.
- DNA Groups don't have a sole leader. Each session should have a designated leader (any group member, perhaps on a rotating basis) who watches the clock, keeps the conversation on topic, and makes sure the next meeting gets scheduled.
- You may meet in person, via Zoom, or in whatever format is agreed upon by all group members.



THE USE OF PRAYER

- Be encouraged to know that these meetings are a kind of prayer in and of themselves. God is present in the group conversation. (Matthew 18:20)
- Consider opening and closing each session with a short prayer in order to mark this time as set apart and focus your attention as a group. Below are some ideas. Experiment as a group and see what feels fruitful.



GUIDELINES AND COMMITMENTS

- Respect the clock, sharing within 15-20 minutes so every group member can participate fully.
- As you grow with your group, our prayer is that vulnerability will develop by choice.
- The Holy Spirit is our one true guide and advocate. Listen to the Spirit during this time.
- Have empathy. We are called to bless, encourage, and build up one another. Have compassionate curiosity toward yourself and others, rather than pity or judgment.
- This group is confidential. Do not share what a person has said outside of this group, unless someone is being harmed or is in danger of harming themselves or another.

OPENING PRAYERS:

- Pray scripture, such as Romans 15:5-6, Ephesians 3:14-19, or Psalm 139:1-5.
- Pray aloud: "Holy Spirit, we are listening. As we spend time together today, make us present to you and to one another. Guide us as we grow in love. Amen."
- Set a timer for a few minutes of silent reflection.

CLOSING PRAYERS:

- Pray scripture, such as Romans 15:13, Ephesians 3:20-21, or Psalm 121:5-8.
- Pray aloud: "God, thank you for your presence. Thank you for what we've been able to share here today. Fill us with courage as we go from here. Amen."
- Take a few minutes to journal a written prayer based on the conversation you've just had.