

DNA LIFE ASSESSMENT

Purpose: This assessment provides a baseline snapshot of your spiritual, emotional, relational, and practical health. Answer honestly—this isn't about being "spiritual enough" but about identifying where you are so you can grow.

Instructions:

- Complete this individually in 20 minutes
- Use the rating scale (1-5) where applicable
- Be specific in written responses—vague answers don't help you grow
- You'll retake this at Week 8 to measure growth

Rating Scale:

- 1 = Not true of me / Strongly disagree / Never
 - 2 = Rarely true / Disagree / Occasionally
 - 3 = Sometimes true / Neutral / Inconsistent
 - 4 = Often true / Agree / Regularly
 - 5 = Very true of me / Strongly agree / Consistently
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PART 1: RELATIONSHIP WITH GOD (6 Questions)

1. How would you describe your current relationship with God?

Circle one:

- Distant and struggling
- Inconsistent—hot and cold
- Growing but still immature
- Steady and deepening
- Intimate and thriving

2. Rate your devotional consistency (prayer, Scripture, worship)

1 — 2 — 3 — 4 — 5

How many days per week do you spend intentional time with God? _____ days/week

3. When you pray, do you sense God's presence and hear His voice?

1 — 2 — 3 — 4 — 5

Explain: _____

4. Can you clearly articulate the gospel (good news of Jesus)?

Yes / Somewhat / No

If yes, write it in 2-3 sentences:

5. Do you believe God likes you, or just loves you out of obligation?

Likes me / Just loves me / Not sure

Why? _____

6. Rate your confidence in God's goodness when life is hard

1 — 2 — 3 — 4 — 5

PART 2: SPIRITUAL FREEDOM (6 Questions)

7. Are you currently walking in freedom from lifestyle sin?

Yes / Mostly / Struggling / No

8. Is there any area of ongoing sin you're aware of but haven't addressed?

Yes / No

If yes, what: _____

9. Do you struggle with any of the following? (Check all that apply)

- ☐ Pornography or sexual sin
- ☐ Substance abuse (alcohol, drugs, etc.)
- ☐ Anger or rage
- ☐ Fear or anxiety
- ☐ Pride or control
- ☐ Gossip or slander
- ☐ Lying or deception
- ☐ Bitterness or unforgiveness
- ☐ Other: _____

10. Do you feel free in Christ, or trapped by guilt and shame?

Free / Mostly free / Trapped / Somewhere in between

11. When you sin, how do you typically respond?

Circle one:

- Hide and avoid dealing with it
- Feel shame and beat myself up
- Minimize it—"not that bad"
- Confess to God but not people
- Confess quickly to God and trusted people

12. Rate your ability to receive correction without becoming defensive

1 — 2 — 3 — 4 — 5

PART 3: IDENTITY & EMOTIONS (5 Questions)

13. When you think about yourself, what's the first word that comes to mind?

14. Do you see yourself the way God sees you?

1 — 2 — 3 — 4 — 5

15. What's your biggest insecurity?

16. How do you respond to failure or mistakes?

Circle one:

- Catastrophize—"I'm a failure"
- Get defensive or blame others
- Feel bad but move on
- Process with trusted people
- Learn from it and grow

17. Rate your ability to manage strong emotions (anger, fear, sadness)

1 — 2 — 3 — 4 — 5 (*1 = overwhelmed by emotions, 5 = handle them well*)

PART 4: RELATIONSHIPS (5 Questions)

18. Do you have 2-3 close, healthy, life-giving friendships?

Yes / 1-2 / No

19. Are there any broken or unresolved relationships you need to address?

Yes / No

If yes, with whom: _____

20. How do you typically handle conflict?

Circle one:

- Avoid it at all costs
- Get defensive or aggressive
- Shut down emotionally
- Address it but struggle
- Address it well with grace and truth

21. Have you ever discipled someone or led someone to Christ?

Yes / No

22. Who knows the real you—struggles and all?

PART 5: CALLING & PURPOSE (4 Questions)

23. Do you have a sense of what God has called you to?

Yes, clear / Somewhat / No idea

If yes, what: _____

24. What breaks your heart or makes you angry in the world?

25. If you could do anything for God's Kingdom without limitation, what would it be?

26. Rate your current sense of purpose and direction in life

1 — 2 — 3 — 4 — 5

PART 6: LIFESTYLE & STEWARDSHIP (4 Questions)

27. Rate the stability of your financial situation

1 — 2 — 3 — 4 — 5 (*1 = crisis, 5 = healthy margin*)

28. Do you have healthy boundaries with your time and energy?

1 — 2 — 3 — 4 — 5

29. Rate the health of your physical body (sleep, exercise, diet)

1 — 2 — 3 — 4 — 5

30. Rate your work/life balance

1 — 2 — 3 — 4 — 5 (*1 = drowning, 5 = healthy margin*)

PART 7: SPIRITUAL FRUIT (6 Questions)

Rate how consistently you demonstrate each fruit of the Spirit:

31. LOVE — Sacrificial care for others

1 — 2 — 3 — 4 — 5

32. JOY — Deep contentment regardless of circumstances

1 — 2 — 3 — 4 — 5

33. PEACE — Inner rest and trust in God

1 — 2 — 3 — 4 — 5

34. PATIENCE — Slow to anger, extending grace

1 — 2 — 3 — 4 — 5

35. KINDNESS — Actively seeking others' good

1 — 2 — 3 — 4 — 5

36. GOODNESS — Moral integrity and generosity

1 — 2 — 3 — 4 — 5

37. FAITHFULNESS — Reliable and consistent follow-through

1 — 2 — 3 — 4 — 5

38. GENTLENESS — Strength under control

1 — 2 — 3 — 4 — 5

39. SELF-CONTROL — Mastery over impulses and appetites

1 — 2 — 3 — 4 — 5

REFLECTION QUESTIONS (3 Open-Ended)

40. What's the biggest area of growth you need in the next 3 months?

41. If you're honest, what are you afraid of?

42. Why did you say yes to DNA discipleship?

FOR LEADERS: Week 1 Discussion Guide

Disciples complete the assessment (20 mins), use this for group discussion (45 mins):

Round 1: Surface Level (10 mins)

"Everyone share 2-3 answers that stood out to you as you filled this out."

Round 2: Vulnerability (20 mins)

Leaders go first—share one area where you scored low and why.
Then invite disciples to do the same.

Round 3: Hope (15 mins)

"What's one area you rated low that you actually want to grow in?"
"What would it look like if that number was a 4 or 5 in 8 weeks?"

Leader Observations to Note:

- [] Areas they avoid talking about (possible shame or stronghold)
- [] Lies they believe about God or themselves
- [] Patterns of fear, control, or insecurity
- [] Gaps in biblical knowledge or spiritual disciplines
- [] Level of self-awareness (do they know where they struggle?)
- [] Teachability (how do they respond to probing questions?)

WEEK 8 COMPARISON

At Week 8, retake this assessment and compare:

1. Calculate score changes in each category
2. Celebrate specific growth areas
3. Identify stagnant areas that need continued focus
4. Set goals for next phase

Key comparison questions:

- "What's different between Week 1 and Week 8?"
- "Where do you see the most growth?"
- "What surprised you?"
- "What still needs work?"

Date Completed: _____

DNA Group: _____

Leader/Co-Leader: _____