

The DNA TOOLKIT

8 Weeks

A Practical Roadmap for DNA Groups

A discipleship resource from ARK Identity

app.arkidentity.com

How to Use This Guide

This 8-week guide is designed to help DNA leaders facilitate transformational discipleship experiences using proven tools and activities. Each week builds on the previous one, creating a rhythm of connection, revelation, and transformation.

This guide is for:

- New DNA groups in their first 8 weeks together
- Established groups looking to refresh their rhythm
- Leaders who want a structured starting point

This guide is flexible:

- Adapt timing to your group's pace
- Repeat weeks if needed for deeper work
- Skip tools that don't fit your context (but pray about it first)

Key Principles:

Connection before correction.

Trust before transformation.

Relationship before revelation.

Week 1:

Life Assessment

Understanding Where We Are

Purpose

To establish a baseline understanding of each person's spiritual, emotional, and relational health. This creates a roadmap for growth and helps leaders discern where to focus their discipleship efforts.

Why This Matters

You can't grow what you don't measure. Life Assessment helps disciples become self-aware and gives leaders insight into hidden struggles, false beliefs, and areas needing attention.

Preparation (Before the Meeting)

Leaders:

- Print or send Life Assessment worksheets to each disciple
- Review questions yourself first—what would YOUR answers be?
- Pray for discernment to hear what's beneath their answers
- Prepare your own vulnerability—be ready to share honestly too

Disciples:

- No preparation needed (they'll complete it during the meeting)

Meeting Structure (90 minutes)

1. Welcome & Opening (10 minutes)

- Open with prayer, inviting the Holy Spirit into the space
- Cast vision: "Tonight is about getting real. No performance, no pretending. We're creating a safe place to grow."
- Share group agreements (if first meeting)

2. Complete Life Assessment (20-30 minutes)

- Email Life Assessment from your DNA Group Dashboard
- Give everyone quiet space to complete individually
- Play soft instrumental worship music (or not)
- Leaders complete it too

3. Sharing & Discussion (40 minutes)

- Go around the circle—each person shares 3-5 answers
- Leaders go first to model vulnerability
- Ask follow-up questions:
 - "Why did you answer that way?"
 - "Where do you think that belief came from?"
 - "What would you like to see change?"

What to listen for:

- Lies they believe about God, themselves, or others
- Patterns of fear, shame, or insecurity
- Areas where they lack biblical foundation
- Evidence of spiritual hunger or apathy

4. Closing Prayer (10 minutes)

- Pray over each person by name
- Ask God to begin revealing truth and healing wounds
- Thank God for the courage to be honest

Life Assessment Sample Questions

Relationship with God:

1. How would you describe your relationship with God right now? (Distant, close, complicated, growing, stagnant, etc.)
2. What's one thing you wish you understood better about God?
3. How often do you spend intentional time with God each week?
4. Do you feel like God hears your prayers? Why or why not?

Identity & Self-Worth:

5. When you think about yourself, what's the first word that comes to mind?
6. Do you believe God likes you, or just loves you out of obligation?
7. What's your biggest insecurity?
8. How do you respond to failure or mistakes?

Sin & Freedom:

9. Is there any area of sin you're currently struggling with?
10. Do you feel free in Christ, or trapped by guilt and shame?
11. Who knows the real you—struggles and all?

Relationships:

12. Do you have healthy, life-giving friendships?
13. How do you handle conflict with others?
14. Are there any broken relationships you need to address?

Purpose & Calling:

15. Do you have a sense of what God has called you to?
16. What gets you excited about life?
17. What frustrates you most about the church or Christianity?

Spiritual Disciplines:

18. Do you read the Bible regularly? Why or why not?
 19. How confident are you in hearing God's voice?
 20. Have you ever led someone to Christ or discipled someone?
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Leader Debrief (After the Meeting)

Leaders and co-leaders should debrief immediately after:

- What stood out to you about each person?
- What lies or patterns did you notice?
- Where do we need to focus our energy?
- What strongholds need to be addressed?
- Are there any red flags we need to watch?

Action Steps:

- Text each disciple a word of encouragement within 24 hours
 - Begin praying specifically for what was revealed
 - Make notes in a journal for future reference
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Week 2:

The 3D Journal

Learning to Hear God Through Scripture

Purpose

To establish a **daily habit** of encountering God through Scripture using the 3D Journal method. This isn't just teaching a tool—it's launching a lifestyle of hearing God's voice daily that will sustain disciples for the rest of their lives.

Why This Matters

Most Christians struggle with Bible reading because they don't know how to move from information to transformation. The 3D Journal bridges that gap. When disciples commit to journaling daily, they develop spiritual muscle memory—recognizing God's voice, applying truth personally, and walking in obedience. **A disciple who journals daily for a year will be unrecognizable from who they are today.**

Preparation (Before the Meeting)

Leaders:

- Use Today's Scripture in the ARK app or pick a passage that you want your disciples to use.
- Complete your own 3D beforehand so you can model it
- Use the ARK app or bring paper for disciples to use.

Disciples:

- Make sure you are logged in to the ARK app. app.arkidentity.com (this ensures your journal entries will be saved)

Meeting Structure (90 minutes)

1. Opening & Check-In (15 minutes)

- How was your week?
- Brief prayer

2. Teach the 3D Journal Method and Give Time to Write (20 minutes)

Scripture: Write out the verse(s) that stood out to you. What jumped off the page?

1D: HEAD - What do you notice about this passage? What's the context? Who's speaking? What's happening? What does this reveal about God's character?

2D: HEART - What is God saying to YOU right now in this moment through this scripture? How does this apply to your life right now?

3D: HANDS - "God, what do you want me to do with this? What action do you want me to take after receiving this from you?"

Example (Using John 15:5):

S: "Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." - Hebrews 4:14-16

1D (HEAD): How could we be ashamed to approach the Father after knowing we have Jesus as our representative. He has made a way for us to be reconciled back to the Father. This should cause us to run to God and ask for help at any moment whether good or bad.

2D (HEART): God is saying " Do you trust that my blood was more than enough to cover your sin? You must believe this to receive the right of throne room access. By faith, step into pure sonship. You are welcome here, come often and confidently.

3D (HANDS): I will not apologize for asking God for help in all situations. It is my right as an adopted son of God. I will be bolder in my prayers. Ask Big!

3. Share 3D Journal Insights (20 minutes)

- Each person shares their 3D Journal entry (3-5 minutes each)
- Leaders go first to model
- After each person shares, the group responds:
 - "What stood out to you about what they shared?"
 - "What did you hear God saying to them?"
 - Leaders give gentle feedback if interpretation is off

What to listen for:

- Are they actually hearing from God or just regurgitating theology?
- Are they applying it personally (2D) or keeping it abstract?
- Are they praying with specificity (3D) or staying generic?
- Did they engage all three dimensions or skip straight to application?

4. The Daily Habit Challenge (10 minutes)

Shift the conversation from tool to lifestyle:

"We just showed you HOW to do a 3D Journal. But here's the real question: What would change in your life if you did this every single day for the next year?"

(Let them respond. Don't rush this. Let it sink in.)

"Imagine this: 365 days from now, you've journaled through Scripture every single day. That's 365 conversations with God. 365 times you've heard His voice. 365 applications you've made to your life.

What would be different?

- You'd know the Bible intimately, not just casually
- You'd recognize God's voice instantly
- You'd have a record of God's faithfulness to look back on
- You'd have clarity on decisions because you're hearing Him daily
- You'd be able to teach others because you've processed Scripture yourself"

The Reality:

"Most Christians read their Bible occasionally. Maybe on Sundays. Maybe when they're in crisis. But disciples who multiply? They have a daily rhythm of hearing from God. The 3D Journal is that rhythm."

The Commitment:

"So here's what we're asking: Will you commit to 3D journaling every day for the next 30 days?"

(Pause. Let them verbally commit or voice hesitation.)

Address Hesitation: If someone says, "I don't know if I can do that every day,"

Respond: "Let's be honest—how much time do you spend on your phone daily? Scrolling social media? Watching shows? This is 10-15 minutes. If you can scroll Instagram for 20 minutes, you can journal for 10. This isn't about adding more to your plate—it's about prioritizing what matters most."

Make It Practical: "When will you do it? Morning? Night? Lunch break? Pick a specific time right now and write it down." (*Have them actually write it down or say it out loud.*)

5. Prayer Activation (15 minutes)

- Pray for one another based on what each of you shared
- Pray for discipline and consistency to continue studying His word in this way

6. 3D Bible Challenge (10 minutes)

Show them how to sign up for a 3D Bible Challenge on the app. (7, 21, or 50 Days)

1. Use Daily Group Chat Check-In

- Every day for the length of the challenge, drop a screenshot of your 3D Journal in the group chat
- You don't have to write a novel—could be one sentence per box.
- Seeing others post will keep you motivated

2. Weekly Progress Check

- At the start of each DNA meeting, we'll go around: 'How has journaling helped you connect with God this week?'
- No shame if you miss—just honest accountability

3. Leaders Model First

- We'll post our 3D Journals in the group chat this week to show you what it looks like
- You'll see us doing this daily—we're not asking you to do something we're not doing"

Remove Barriers: "What's going to make this hard for you?" (*Let them voice obstacles: time, confusion, forgetfulness, etc.*)

Problem-Solve Together:

- **"I forget"** → Set a daily phone reminder
- **"I don't know what to read"** → Use "Today's Scripture" in the ARK app
- **"I'm too busy"** → What can you cut? What's less important than hearing from God?
- **"I don't understand the Bible well enough"** → That's exactly WHY you journal—understanding grows with practice

What's the goal?

"Our goal isn't perfection—it's consistency. If you journal 6 out of 7 days this week, that's a win. By Week 4, we want you at 7 out of 7. By Week 8, this should be as automatic as brushing your teeth."

3D Journal Coaching Tips

Problem: 1D (HEAD) is just a restatement of the verse

Solution: "Go deeper. What's the context? What does this reveal about God? Why did the author write this?"

Problem: 2D (HEART) is generic ("I should pray more")

Solution: "Get specific. What does this look like TODAY in your life? What actual step will you take?"

Problem: 3D (HANDS) is one sentence

Solution: "Talk to God like He's in the room with you. Be honest. Ask for help. Commit to action."

Problem: They skip 1D (HEAD) and jump straight to application

Solution: "Let's slow down. Before we apply it, we need to understand what it actually says. What's God revealing about Himself here?"

Problem: Their 2D (HEART) doesn't connect to the passage

Solution: "I love your honesty, but how does THIS passage speak to that? Let's make sure we're letting Scripture guide our application, not just our current feelings."

Leader Debrief (After the Meeting)

- Who grasped the method quickly?
- Who struggled? What part was hardest for them—HEAD, HEART, or HANDS?
- Did anyone share something theologically off? How do we address it?
- Are they excited about this tool or overwhelmed?
- Did anyone skip a dimension (especially 1D or 3D)?

Follow-Up:

- Text disciples mid-week: "How's your 3D journaling going?"
- Share your own 3D Journal entry in the group chat as encouragement

Week 3:

Listening Prayer

Activating the Gift of Hearing God for Others

Purpose

To create a culture where disciples learn to hear God's voice for one another, give and receive encouragement, and grow in confidence in the supernatural relationship with the Holy Spirit.

Why This Matters

Many Christians have never been taught to hear God for others. The Listening Prayer Circle demystifies this gift and gives everyone practice in a safe environment. This should become natural and not some weird mystic practice.

Preparation (Before the Meeting)

Leaders:

- Pray for increased sensitivity to the Holy Spirit
- Prepare a brief teaching on the prophetic (5-10 minutes)
- Be ready to model sharing what God says
- Create a safe, encouraging atmosphere

Disciples:

- Come with an open heart
- No preparation needed (but pray for sensitivity to the Holy Spirit)

Meeting Structure (90 minutes)

1. Opening & Worship (10 minutes)

- Worship invites God's presence
- Play a few worship songs if this fits your group
- Brief prayer inviting the Holy Spirit to speak

2. Teaching on Hearing God for Others (15 minutes)

Does God still speak to people under the New Covenant?

God loves us and loves to be in communication with us. He knows all things therefore He can reveal inside information to those who ask. It's not fortune-telling or manipulation—it's edification, encouragement, and comfort (1 Cor 14:3).

Everyone can do this

1 Cor 14:1 says "*Pursue love, yet desire earnestly spiritual gifts, but especially that you may prophecy.*" This isn't just for super-spiritual people. It's for every believer. God wants to speak through you to encourage others.

God has given each of us an imagination. And we can use this imagination for good or for evil, as we can do with all things in life. What if you could surrender your imagination to the Holy Spirit? How would God speak to you through your imagination? Let's call this the sanctified mind.

Using your sanctified mind:

- Impressions (a sense or feeling)
- Smell (an aroma that brings up a memory)
- Pictures (mental images)
- Scripture (a verse comes to mind)
- Words (a stream of thought from Holy Spirit)

How to test it:

- Does it align with Scripture?
- Does it edify and encourage?
- Does it produce life or fear?
- Do others confirm it?

How to deliver a prophetic word:

- Start with "I sense..." or "I heard..."
- Speak humbly, not dogmatically
- Give the person freedom to test it
- Don't use prophecy to control or manipulate

3. Listening Prayer Activity (50 minutes)

How it works:

- Sit in a circle (Have a digital notepad ready)
- Each person prays for the person to their right (clockwise)
- Take 3-5 minutes of silence to listen for that person
- Take notes on everything you receive, even if it doesn't make sense.
- Go around the circle—each person shares what they received
- The receiver listens and responds

Round 1: Practice Round (20 minutes) Optional

- "God, when you look at _____, what do you see?"
- Share what you sense (2-3 minutes each)
- Receiver responds: "What resonated? What didn't?"
- Leaders give feedback and coaching

Round 2: Real Round (30 minutes)

- Repeat the process, but deeper (Encourage them to ask more questions as they listen)
- "God, when you look at _____, what do you see?"
- Longer listening time (5 minutes)
- Longer sharing time (3-4 minutes each)
- More vulnerability

Leader's Role:

- Go first to model
- Give real-time coaching: "That's good. What else are you hearing?"
- If someone is way off, gently redirect: "That doesn't sound like something God would say. We should pray about this."
- If someone nails it, celebrate: "That was beautiful. Did you feel that?"

4. Debrief & Feedback (10 minutes)

- How did that feel?
- What was hard? What was surprising?
- Did you hear God more clearly than you expected?
- What do you need to grow in?

5. Closing Prayer (5 minutes)

- Thank God for speaking
- Pray for continued growth in hearing God for others

Listening Prayer Coaching Tips

Common Struggles:

"I didn't hear anything."

That's okay. Sometimes the gift takes time to activate. Ask them:

- "What was the first thing that came to mind?"
- "Did you see any pictures or impressions?"
- "What do you sense about this person generally?"

Start with encouragement.

They can speak life even without a specific word from God.

"I think I heard something, but I'm not sure it's God."

Say it anyway. We learn by doing. "I sense..." gives them an out if it's a bit off or generic.

"What if I'm wrong?"

You will be. And that's okay. We're learning. Grace covers the process. Just stay humble.

Someone gives a "word" that's clearly from their own thoughts.

Gently redirect: "I appreciate you trying, but I'm not sensing that's from the Lord. Let's try again. Ask God, 'What do YOU want to say to [name]?'"

Someone gives a corrective or heavy word:

Be cautious. Most words from God will be encouragement, while others are for correction. If it's heavy, leaders should test it before releasing it.

What to Watch For

Good Signs:

- People are stepping out in faith
- Words are landing with the receiver
- Tears, breakthroughs, or "that's exactly what I needed"
- Growing confidence

Red Flags:

- Someone is trying to control or manipulate through the activity
- Words are consistently off or weird
- Someone is using the activity to make themselves look spiritual
- Fear or confusion instead of life

Leader Debrief (After the Meeting)

- Who is naturally gifted in hearing God for others?
- Who struggled? How do we help them?
- Were there any breakthrough moments?
- Any concerning moments that need follow-up?

Follow-Up:

- Text disciples something encouraging God showed you about them this week
- Encourage them to ask God to speak about someone in their life

Week 4:

Foundation Doctrines (Creed Cards)

Building on Historic Christian Truth

Purpose

Introduce disciples to the Creed Card tool as a way to build theological foundation through interactive discovery and discussion. This week launches an ongoing practice of wrestling with essential Christian beliefs.

Why This Matters

You can't build a house without a foundation. Creed Cards give us bite-sized, biblical truths rooted in 2,000 years of Christian history. These aren't optional beliefs—they're essentials that define what it means to follow Jesus.

Preparation (Before the Meeting)

Leaders:

- Access Creed Cards in the ARK Identity app
- Select 2-3 cards for tonight (see suggestions below)
- Have devices ready to display cards OR print front/back for each person
- Review the "flip methodology" so you can model it
- Prepare to explain what a creed is (see below)

Disciples:

- No preparation needed

Meeting Structure (90 minutes)

1. Opening: What Is a Creed? (10 minutes)

"When you hear the word 'creed,' what comes to mind?"

(Let them respond. Most won't know.)

Define it: "A creed is a statement of belief. The word comes from the Latin *credo*, which means 'I believe.' Throughout Christian history, the church has used creeds to say, 'These are the non-negotiables. These are the truths we stand on together.'"

Give examples:

- **The Apostles' Creed** (summarizes the gospel)
- **The Nicene Creed** (clarifies who Jesus is)
- **The five Solas of the Reformation** (grace alone, faith alone, Christ alone, Scripture alone, glory to God alone)

Why creeds matter:

1. **They protect us from false teaching**
 - When someone twists Scripture, creeds help us spot it
 - "That doesn't line up with what the church has believed for 2,000 years"
2. **They unite us across time and space**
 - Christians in Kenya, China, and Iowa believe the same core truths
 - We're part of a 2,000-year-old family
3. **They give us language to articulate our faith**
 - You can't defend what you can't define
 - "Always be prepared to give an answer for the hope that you have" (1 Peter 3:15)

Introduce Creed Cards:

"Creed Cards are a tool to help you learn and wrestle with these foundational truths. Each card focuses on one essential doctrine—one core belief rooted in Scripture and church history."

2. How to Use Creed Cards (10 minutes)

Show them the ARK app: app.arkidentity.com

- Pull up the Creed Cards section
- Show them how to navigate
- "You can work through these on your own anytime, but we'll also use them together in DNA"

Creed Cards are designed to be interactive. Here's how we use them:

Step 1: DISCUSS (Before Flipping)

- Look at the front: the topic, Greek/Hebrew word, transliteration
- **Ask:** "What does this word mean to you?"
- Let everyone share what they think BEFORE seeing the definition
- This surfaces assumptions, confusion, and different perspectives

Step 2: DEFINE

- Flip the card and read the definition together
- Read the key Scripture
- Read the historical context

Step 3: DEEPEN

- Compare what you thought vs. what Scripture says
- Ask: "Does this align with what you believed? What surprises you?"
- Read the key Scripture in context (look up the passage, read surrounding verses)
- Find OTHER Scriptures that use the same word or concept

Step 4: DISCUSS

- Answer the reflection question on the card
- "How does this truth change the way you live?"

Step 5: DO IT AGAIN

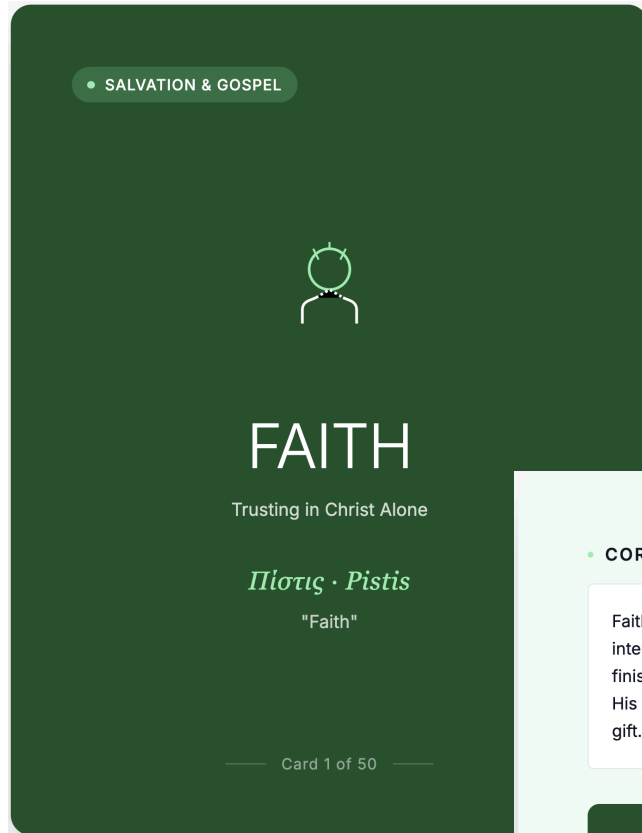
- Creed Cards aren't one-and-done
- Come back to them regularly
- Memorize the key Scripture
- Review in the app throughout the week

3. Work Through 2-3 Creed Cards (60 minutes)

Suggested Starter Cards:

1. **Faith** (Trusting in Christ Alone - *pistis*)
2. **Gospel** (Good News of Jesus)
3. **Grace** (Unmerited Favor - *charis*) (*Optional if time allows*)

EXAMPLE CARD 1: Faith (*pistis*) - 20-25 minutes



Step 1: DISCUSS (Before Flipping) - 5 minutes

Ask: "Before we look at the definition, what does **faith** mean to you?"

(Let them share. Don't correct yet—just listen.)

Follow-up: "The subtitle says 'trusting in Christ alone.' What does that phrase mean?"

Step 2: READ (After Flipping) - 3 minutes

Definition: "Faith is trusting in Jesus Christ for our salvation. It is not mere intellectual agreement, but confident reliance on Him. True faith results in transformation and obedience."

Key Scripture: "Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ." — Romans 5:1 NASB

Historical Context:

"The Reformers emphasized *sola fide* (faith alone)—we are saved by faith in Christ, not by our works. This was central to the Protestant Reformation."

• CORE DEFINITION

Faith is trusting in Jesus Christ for salvation. It's not mere intellectual agreement but wholehearted reliance on Christ and His finished work. Faith looks away from ourselves to Christ, resting in His righteousness rather than our own. Even faith itself is God's gift.

• KEY SCRIPTURE

"Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ."

— Romans 5:1 NASB

• HISTORICAL CONTEXT

The Reformers emphasized "sola fide"— faith alone— teaching that we are justified by faith in Christ without works of the law. Faith is the empty hand that receives what God freely offers in Christ.

• REFLECTION

What does it look like for you to trust Christ completely rather than relying on your own efforts?

Step 3: DEEPEN - 10 minutes

Compare: "How does this definition compare to what you said earlier?"

Dig into Scripture:

- "Let's look up Romans 5:1 and read verses 1-5 together."
- "What does Paul mean by 'justified by faith'?"

Word Study:

- "The Greek word *pistis* means faith, trust, belief."
- "Let's find another verse that uses this word."

Examples:

- John 3:16: "whoever believes (*pisteuō* - related to *pistis*) in Him"
- Ephesians 2:8-9: "by grace you have been saved through faith"
- Hebrews 11:1: "faith is the assurance of things hoped for"

Ask:

- "Why is it important that faith is more than just intellectual agreement?"
- "What's the difference between believing Jesus EXISTS vs. trusting Him with your life?"

Step 4: REFLECT - 5 minutes

Reflection Question (on the card): "What does it look like for you to trust Christ completely rather than relying on your own efforts?"

(Give everyone 2-3 minutes to share their answer.)

CARD 2: Gospel - 20-25 minutes

(Repeat the same 4-step process)

Step 1: DISCUSS (Before Flipping)

- Front: **Gospel** - *Good News* - εὐαγγέλιον (*euangelion*)
- "What is the gospel? How would you explain it to someone?"

Step 2: READ (After Flipping)

- Definition, Key Scripture (1 Cor 15:3-4), Historical Context

Step 3: DEEPEN

- Read 1 Corinthians 15:1-8 in context

- Find other "gospel" verses (Romans 1:16, Mark 1:15)
- "Why is the resurrection essential to the gospel?"

Step 4: REFLECT

- "How would you explain the gospel to a 10-year-old? To a skeptic?"

Optional CARD 3: Grace (*charis*) - 15 minutes if time allows

(Same process, but move faster since they now understand the method)

4. Set Up Ongoing Practice (5 minutes)

Moving forward:

- "We'll work through one Creed Card every 2-3 weeks"
- "Between now and next meeting, review tonight's cards in the app"
- "Memorize the key Scripture from the **Faith** card (Romans 5:1)"

Challenge them:

- "This week, explain the gospel to someone outside this group using what we learned tonight"
- "Open the ARK app and read through 2 more Creed Cards on your own"

5. Closing Prayer (5 minutes)

"Father, thank You for Your Word and for the historic church that has faithfully passed down these truths. Help us build our lives on solid foundation. Give us boldness to believe what You say and live accordingly. In Jesus' name, Amen."

Creed Card Coaching Tips

Common Questions/Responses:

"I was taught differently in my church." → "That's okay. Let's look at Scripture together and see what it says. We're not here to bash other beliefs—we're here to discover truth."

"This seems too complicated." → "It's okay if you don't understand everything tonight. That's why we return to these cards multiple times. Let it sink in slowly."

"Why do we need to know Greek/Hebrew words?" → "Because English translations can sometimes miss nuances. Knowing the original word helps us understand what the authors meant."

Someone shares a false belief: → Don't shame them. Say: "I appreciate your honesty. Let's see what Scripture says and compare."

"How do I know which Creed Cards to study?" → "Start with the essentials: Faith, Gospel, Grace, Identity, Trinity, Holy Spirit. Then branch out based on questions that come up."

After the Meeting

Follow-Up:

- Text the group: "Which Creed Card challenged you most tonight?"
- Send a screenshot or link to the 2-3 cards you covered
- Remind them to review in the app this week

Week 5:

Testimony Time

Remembering God's Faithfulness

Purpose

To build faith by rehearsing God's goodness, train disciples to recognize God's activity in everyday life, and create a culture of celebration and gratitude.

Why This Matters

We forget too quickly. Testimonies remind us that God is active, present, and faithful. They also train us to see God in small moments, not just big miracles.

Preparation (Before the Meeting)

Leaders:

- Prepare 1-2 of your own testimonies to share (one big, one small)
- Text disciples mid-week: "Start thinking about a recent testimony of God's faithfulness—big or small. You'll share it this week."
- Pray for Holy Spirit to bring stories to their minds

Disciples:

- Think of 1-2 testimonies to share
- These can be recent or from the past
- Big breakthrough or small miracle—both matter

Meeting Structure (90 minutes)

1. Opening Worship (10 minutes)

- Worship prepares hearts to see God's goodness
- Sing 2-3 songs of thanksgiving and celebration

2. Teaching on Testimony (10 minutes)

Key Points: What is a testimony? A testimony is your story of God's activity in your life. It's not just about salvation—it's about every moment God shows up.

Why do we share testimonies?

- They build faith (Rom 10:17 - faith comes by hearing)
- They give God glory (Rev 12:11 - we overcome by the blood of the Lamb and the word of our testimony)
- They encourage others
- They train us to recognize God's activity

What makes a good testimony?

- Specific (not vague)
- Personal (your story, not someone else's)
- God-centered (He's the hero, not you)
- Honest (include the struggle, not just the victory)

Types of testimonies:

- Salvation stories
- Healing (physical, emotional, spiritual)
- Provision (financial, relational, opportunities)
- Breakthrough (strongholds broken, freedom gained)
- Everyday faithfulness (God showed up in a small way)

3. Testimony Sharing (60 minutes)

Round 1: Big Testimonies (30 minutes)

- Each person shares a significant testimony (7-8 minutes each)
- Leaders go first to model
- Group responds after each testimony:
- "What do you see about God's character in that story?"
- "How does that encourage you?"

Round 2: Recent Small Testimonies (30 minutes)

- Each person shares something God did THIS WEEK (5 minutes each)
- This trains them to see God in everyday moments
- "Did God answer a prayer? Provide something unexpected? Speak to you?"

Leader's Role:

- Celebrate every testimony—even "small" ones
- Ask follow-up questions to draw out more details

- Help them see God in moments they might overlook
- If someone says "I don't have a testimony," help them see one:
- "Did you have food this week?"
- "Did you wake up this morning?"
- "Did God speak to you through Scripture?"

4. Closing Prayer & Declaration (10 minutes)

- Pray thanksgiving for God's faithfulness
- Declare together: "God is faithful. He is good. He is with us."

Testimony Time Coaching Tips

Common Struggles:

"I don't have any big testimonies."

That's okay. Small testimonies matter too. God in the mundane is just as powerful as God in the miraculous.

"Nothing happened this week."

Dig deeper. Ask:

- "Did you pray about anything?"
- "Did you sense God's presence at all?"
- "Did He protect you, provide for you, guide you?"

Someone's testimony is vague or generic ("God is just so good"):

Ask follow-up questions:

- "Can you give a specific example?"
- "What happened that showed you He's good?"
- "When did you experience that?"

Someone takes over and talks for 20 minutes:

Gently redirect:

- "I love this story. Let's pause here so everyone gets a chance to share. Can you give us the main point in one sentence?"

Someone's "testimony" is actually complaining:

Redirect:

- "I hear that was hard. Where did you see God in that situation?"
- "What did you learn about Him through that?"

What to Watch For

Good Signs:

- People are recognizing God in everyday life
- Faith is increasing as they hear each other's stories
- They're learning to tell their story clearly and compellingly

- Gratitude is growing

Red Flags:

- Someone can't identify any testimony (possible spiritual dryness)
- Testimonies are all about them, not God
- No recent testimonies (they're not walking with God currently)

Leader Debrief (After the Meeting)

- Who had powerful testimonies?
- Who struggled to identify God's activity?
- What patterns did we notice?
- How can we help them see God more clearly?

Follow-Up:

- Start a testimony thread in group chat: "Drop a testimony from this week!"
 - Model it by sharing your own testimonies regularly
-

Week 6:

Q&A Deep Dive

Addressing Doubts, Questions & Confusion

Purpose

To create a safe space for disciples to ask hard questions, voice doubts, and wrestle with theological confusion without fear of judgment.

Why This Matters

Unanswered questions become unspoken doubts. Doubts turn into strongholds. This week prevents that by bringing everything into the light.

Preparation (Before the Meeting)

Leaders:

- Text disciples mid-week: "What questions about God, the Bible, or faith have you been afraid to ask? Bring them this week. No question is off-limits."
- Pray for wisdom and discernment
- Don't feel pressure to have all the answers—sometimes the best answer is "I don't know, but let's find out together."
- Prepare a few of your own questions to model vulnerability

Disciples:

- Come with 1-2 questions written down
- Be honest about what you're really wondering

Meeting Structure (90 minutes)

1. Opening (5 minutes)

- Set the tone: "This is a safe space. Ask anything. We won't judge you. We're here to pursue truth together."
- Brief prayer for wisdom and Holy Spirit guidance

2. Ground Rules (5 minutes)

Establish guidelines before diving in:

- No question is stupid or off-limits
- We pursue truth, not just winning arguments
- It's okay to say "I don't know"
- We point to Scripture as our ultimate authority
- We can disagree and still love each other
- Doubt is not the opposite of faith—certainty is. Questions are part of growth.

3. Question Gathering (5 minutes)

- Go around the circle—each person shares their question
- Write them all down
- Don't answer yet—just collect them

4. Q&A Discussion (70 minutes)

Process for each question:

1. Read the question out loud
2. Ask: "What do you think? What does Scripture say?"
3. Let the GROUP wrestle with it first (don't jump in as the expert)
4. Leaders provide biblical clarity and direction
5. Point to Scripture as much as possible
6. If you don't know, say so: "Great question. Let me research that and we'll revisit it."

Common Question Categories:

Theological Questions:

- "If God is good, why does He allow suffering?"
- "What about people who never hear the gospel?"
- "Is hell real? How could a loving God send people there?"
- "What about dinosaurs and the age of the earth?"
- "Can Christians lose their salvation?"

Practical Questions:

- "How do I know if I'm really saved?"
- "How do I hear God's voice?"
- "Is it okay to [insert behavior]?"
- "What about tattoos/drinking/entertainment/etc.?"
- "How much should I give financially?"

Personal Struggle Questions:

- "What if I don't feel God's presence anymore?"

- "What if I'm mad at God?"
- "I struggle with [sin]. Does that mean I'm not really a Christian?"
- "How do I forgive someone who hurt me?"

Controversial Questions:

- "What's the deal with speaking in tongues?"
- "Can women be pastors?"
- "What does the Bible say about [insert hot-button issue]?"

5. Closing (5 minutes)

- Thank them for their honesty
- Pray for continued revelation and understanding
- Remind them: "Faith isn't the absence of questions—it's trusting God even when we don't have all the answers."

Q&A Coaching Tips

How to Answer Well:

1. Start with Scripture

"Let's see what the Bible says." Always anchor answers in God's Word, not opinion.

2. Ask before you answer

"What do you think?" Sometimes they know the answer—they just need permission to believe it.

3. Admit when you don't know

"That's a great question. I don't know the answer, but let's find out together."

4. Distinguish between clear biblical truth and secondary issues

Some things are non-negotiable (the gospel, Jesus' divinity, salvation by faith). Other things are secondary (worship styles, end times views, etc.).

5. Address the heart behind the question

Sometimes the question isn't really about theology—it's about pain, fear, or unbelief. Go there.

Example:

Question: "Why did God let my mom get cancer?"

Answer: Don't just give a theological answer about suffering. Address the pain: "That's devastating. I'm so sorry. Can we talk about where you are with God in the middle of that?"

6. Don't be defensive

If they're questioning something you believe strongly, don't get defensive. Stay curious. "Tell me more about why you think that."

7. Point to mystery when appropriate

Some questions don't have clean answers. "I don't fully understand why God allows that, but I do know His character—He's good, He's loving, and He's trustworthy."

Red Flags to Watch For

Signs of Spiritual Crisis:

- Anger toward God
- Deep doubt about core doctrines
- Questioning their salvation repeatedly
- Bitterness or resentment

Don't dismiss these. They need pastoral care, not just theological answers.

Signs of False Teaching Influence:

- Questions that sound like talking points from false teachers
- Resistance to clear biblical teaching
- Attraction to "secret knowledge" or conspiracy theories

Address directly: "Where did you hear that? Let's compare it to Scripture."

Leader Debrief (After the Meeting)

- What questions revealed deeper issues?
- Did anyone ask something we need to follow up on privately?
- What questions do we need to research more?
- Are there patterns of confusion we need to address?

Follow-Up:

- Research any unanswered questions and share findings in group chat
 - Check in individually with anyone whose questions revealed spiritual crisis
 - Recommend resources (books, sermons, articles) for deeper study
-

Week 7: Outreach/Mission Activity

Applying Faith in the Real World

Purpose

To get disciples out of the classroom and into the mission field. Faith grows through action, risk, and seeing God show up in real-time.

Why This Matters

Discipleship isn't just about knowledge—it's about obedience. Jesus didn't just teach His disciples; He sent them out. This week does the same.

Preparation (Before the Meeting)

Leaders:

- Plan a specific outreach activity (see options below)
- Communicate details clearly: what, when, where, what to bring
- Pray for divine appointments and Holy Spirit boldness
- Prepare for spiritual warfare—this will be uncomfortable

Disciples:

- Show up ready to step outside comfort zones
 - Pray for courage and sensitivity to the Holy Spirit
 - Bring whatever is needed for the activity
-

Outreach Activity Options

Choose one based on your group's context and comfort level:

1. Street Evangelism

- Go to a public place (park, downtown, campus)
- Approach people and ask if they need prayer
- Share the gospel if the door opens
- Give out water bottles with gospel tracts

2. Homeless Ministry

- Prepare care packages (food, socks, toiletries, gospel tracts)
- Go to an area with homeless population
- Serve, love, listen, pray, share Jesus

3. Prayer Walk

- Walk through a specific neighborhood
- Pray over homes, schools, businesses
- Ask God to reveal where to stop and engage
- Knock on doors and offer to pray for needs

4. Hospital or Nursing Home Visit

- Coordinate with a local facility
- Bring flowers, cards, or small gifts
- Visit patients, listen to their stories, pray for them

5. Serve Together

- Volunteer at a food bank, shelter, or community event
- Work alongside each other
- Look for opportunities to share Jesus while serving

6. Campus Outreach

- Set up a table with free coffee/donuts
- Offer to pray for students
- Engage in spiritual conversations

7. Neighborhood Cookout

- Host a BBQ in someone's neighborhood
- Invite neighbors
- Create an environment for organic gospel conversations

Activity Structure (2-3 hours)

1. Pre-Outreach Huddle (20 minutes)

Before you go out:

- Gather everyone together
- Cast vision: "We're not just doing good deeds—we're representing Jesus."
- Pray together:
 - For boldness and courage
 - For divine appointments

- For the gospel to go forth with power
- Against fear and spiritual opposition

Assign roles:

- Pair people up (experienced with less experienced)
- Designate team leads if splitting into groups
- Establish a check-in time/location

Quick Training:

- "How to approach people": Be friendly, not weird. Ask before praying.
- "How to share the gospel": Keep it simple—your story and Jesus' story.
- "How to handle rejection": Don't take it personally. Shake it off and move on.

2. The Outreach (90 minutes)

During the activity:

- Leaders model first, then release disciples to lead
- Stay in pairs for safety and accountability
- Look for people the Holy Spirit highlights
- Be bold but not pushy
- Listen more than you talk
- Pray when prompted
- Share Jesus naturally, not forcefully

What to do:

- Approach someone: "Hey, we're from [church/group] and we're out praying for people. Is there anything we can pray for you about?"
- Listen to their response
- Pray for them right there (keep it short and specific)
- Ask if they'd like to know more about Jesus
- If yes: share your testimony and the gospel
- If no: thank them, leave them with encouragement

3. Debrief Immediately After (30 minutes)

Gather the team back together:

- Share stories: "What happened out there?"
- Celebrate wins: "Who prayed for someone for the first time?"
- Process challenges: "What was hard? What scared you?"
- Pray thanksgiving for opportunities

4. Follow-Up Meeting (Within a few days)

Use your next DNA meeting to fully process the experience.

Meeting Structure (90 minutes):

1. Opening Worship & Gratitude (10 minutes)

- Worship and thank God for the opportunity to serve

2. Story Sharing (40 minutes)

- Each person shares their experience in detail (10 minutes each)
- Leaders ask follow-up questions:
 - "What surprised you?"
 - "Where did you see God show up?"
 - "What fears came up for you?"
 - "How did you feel afterward?"

3. Learning Discussion (30 minutes)

Ask:

- "What did you learn about God through this?"
- "What did you learn about yourself?"
- "What did you learn about people?"
- "How does this change the way you see evangelism?"

Address common struggles:

- Fear of rejection
- Not knowing what to say
- Feeling inadequate or unprepared
- Disappointment if no one responded

Challenge:

- "What's one thing you'll do differently because of this experience?"
- "Who in your life needs to hear the gospel? Will you share with them this week?"

4. Closing Prayer (10 minutes)

- Pray for continued boldness
 - Pray for the people you encountered
 - Pray for a lifestyle of mission, not just an event
-

Outreach Coaching Tips

How to Prepare Disciples:

Before the outreach:

- Normalize nerves: "It's okay to be scared. Do it scared."
- Give them a simple script to start with: "We're out praying for people today. Can we pray for you?"
- Role-play the conversation beforehand

During the outreach:

- Model first: "Watch me, then you'll try."
- Start easy: Let them hand out water bottles before asking them to pray for someone.
- Debrief in real-time: After each encounter, pull aside and ask: "How did that feel? What did you notice?"

After the outreach:

- Celebrate every step of obedience, even if nothing "happened"
 - Don't measure success by conversions—measure it by obedience
 - Process fears and disappointments honestly
-

Common Outreach Scenarios & How to Handle Them

Scenario 1: Someone says "No thanks" immediately

- Don't take it personally
- Smile and say, "No problem! Have a great day!"
- Move on to the next person

Scenario 2: Someone opens up and shares deep pain

- Listen well
- Don't rush to "fix" them
- Pray specifically for what they shared
- Offer to follow up if appropriate (get contact info)

Scenario 3: Someone wants to argue or debate

- Don't engage in arguments
- Stay kind: "I respect your perspective. I'm not here to debate—just to love people and offer prayer."
- If they persist, graciously disengage

Scenario 4: Someone asks a question you don't know how to answer

- Be honest: "That's a great question. I don't know the answer, but I'd love to find out and follow up with you."
- Get their contact info if they're open

Scenario 5: Someone wants to accept Jesus right there

- CELEBRATE! This is why you're out there.
- Lead them in a simple prayer of surrender
- Get their contact info
- Connect them to your church or a local body of believers
- Follow up within 24 hours

Scenario 6: A disciple freezes and can't do it

- Don't shame them
 - Let them observe first
 - Encourage: "You don't have to do it today. Just watch. Next time you'll be ready."
 - Pray with them after to break off fear
-

What to Watch For

Good Signs:

- Disciples stepping outside their comfort zones
- Boldness increasing as the outreach goes on
- Excitement about what God is doing
- Desire to do it again

Red Flags:

- Someone is pushy or forceful (correction needed)
 - Someone is performance-driven (they measure success by results)
 - Someone is fearful to the point of paralysis (need to address root of fear)
 - Someone disengages completely (follow up privately)
-

Leader Debrief (After the Outreach)

- What went well?
- What went wrong?
- Who showed boldness? Who showed fear?
- What do we need to address as a group?
- What do we need to address individually?

Follow-Up:

- Text everyone that night: "I'm so proud of you for stepping out today."
- Share testimonies in the group chat
- Pray for the people you encountered

Week 8: Life Assessment Revisited

Measuring Growth & Setting New Goals

Purpose

To measure growth over the last 8 weeks, celebrate progress, identify areas still needing work, and set goals for continued growth.

Why This Matters

Growth is gradual, and we often don't notice it unless we pause to look back. This week creates space to see how far they've come and vision for where they're going.

Preparation (Before the Meeting)**Leaders:**

- Print the same Life Assessment from Week 1
- Review your notes from Week 1—what did each person share?
- Prepare to celebrate growth and lovingly address stagnation
- Pray for discernment

Disciples:

- No preparation needed (they'll complete it during the meeting)
-

Meeting Structure (90 minutes)**1. Opening Worship & Reflection (10 minutes)**

- Worship and thank God for the last 8 weeks
- Invite Holy Spirit to reveal growth and areas for continued work

2. Retake Life Assessment (20 minutes)

- Hand out the same worksheet from Week 1
- Give quiet space to complete it
- Encourage them to answer honestly, not "spiritually"

3. Comparison & Discussion (50 minutes)

For each person (12-13 minutes each):

Step 1: Review Week 1 answers

- Pull out their original assessment
- Read 3-4 of their original answers out loud
- Ask: "Do you remember saying that?"

Step 2: Read Week 8 answers

- Have them read their new answers to the same questions

Step 3: Identify growth

- "What's different now?"
- "Where do you see progress?"
- Leaders affirm and celebrate: "I've watched you grow in that area. Do you see it?"

Step 4: Identify stagnation

- "Where are you still stuck?"
- "What hasn't changed that needs to?"
- Don't shame—just name it honestly

Step 5: Set goals

- "What's one thing you want to focus on in the next season?"
- "What do you need from us to help you grow in that?"

4. Group Celebration & Vision Casting (10 minutes)

Celebrate together:

- "What growth have you seen in each other?"
- Go around and affirm one another
- Leaders share what they've seen in each disciple

Vision casting:

- "These 8 weeks were just the beginning."
- "You've laid a foundation. Now we build on it."

- "Our goal is for you to multiply—to do this with someone else."
-

Comparison Questions to Ask

For each question, compare Week 1 to Week 8:

1. Relationship with God

- Week 1: "How would you describe your relationship with God?"
- Week 8: Same question
- Growth indicator: More intimacy, confidence, peace

2. Understanding of Identity

- Week 1: "How does God see you?"
- Week 8: Same question
- Growth indicator: Shift from shame/insecurity to righteousness/belovedness

3. Confidence in Hearing God

- Week 1: "How confident are you in hearing God's voice?"
- Week 8: Same question
- Growth indicator: Increased sensitivity and confidence

4. Freedom from Sin

- Week 1: "Are you struggling with any ongoing sin?"
- Week 8: Same question
- Growth indicator: Victory, accountability, or honest acknowledgment

5. Evangelism & Mission

- Week 1: "Have you ever led someone to Christ?"
- Week 8: "Have you shared the gospel with anyone in the last 8 weeks?"
- Growth indicator: Boldness and action

6. Spiritual Disciplines

- Week 1: "How often do you read the Bible?"
- Week 8: Same question
- Growth indicator: Increased consistency and hunger

How to Celebrate Growth

Be specific:

- Don't just say, "You've grown."
- Say, "Week 1 you said you couldn't hear God's voice. Last week you gave a prophetic word that brought someone to tears. That's growth."

Tell them what you've seen:

- "I've watched you become more vulnerable."
- "I've seen you take initiative in prayer."
- "You used to be terrified of evangelism—now you're asking when we can go out again."

Let the group affirm each other:

- "What growth have you seen in [person]?"
 - Let them speak life over one another
-

How to Address Stagnation

Be honest but kind:

- "I notice you're still struggling with the same fear you named in Week 1. Can we talk about that?"
- "Your answers are almost identical to Week 1. What do you think is keeping you stuck?"

Ask questions:

- "What's holding you back?"
- "What do you need from us?"
- "Are you willing to do what it takes to change?"

Don't shame:

- "Growth isn't linear. Some areas take longer."
- "The fact that you're still here means you're committed. Let's figure out what needs to shift."

Create a plan:

- "What's one specific thing you'll do this month to address this?"
- "How can we help you?"

Setting Goals for the Next Season

Ask each person:

1. What's one area you want to focus on in the next 3 months?
2. What does success look like in that area?
3. What's one action step you'll take this week?
4. How can we support you?

Write them down and revisit them in 3 months.

Closing Prayer & Commissioning (10 minutes)

Pray over each person:

- Thank God for their growth
- Pray for continued transformation
- Speak vision over them: "You're becoming a disciple-maker."

Commission them:

- "You've completed the 8-week toolkit. Now the real work begins."
 - "This isn't the end—it's the beginning of a lifestyle."
 - "We're not done with you. We're just getting started."
-

What to Watch For

Good Signs:

- Clear, measurable growth in multiple areas
- Excitement about what God is doing
- Desire to continue and go deeper
- Ownership of their growth (not passive)

Red Flags:

- No growth at all (they may not be engaged)
- Growth only in knowledge, not in character or action
- Still stuck in the same sin or fear (may need deeper ministry)
- Apathy or disengagement

Leader Debrief (After the Meeting)

- Who showed the most growth?
- Who is ready to start thinking about multiplication?
- Who needs more time and focused attention?
- What adjustments do we need to make moving forward?

Next Steps:

- Plan the next 12 weeks (or continue with the DNA Discipleship material)
 - Begin praying about multiplication timeline
 - Identify who might be ready to co-lead a future group
-

After the 8 Weeks: What's Next?

Congratulations! You've completed the 8-Week DNA Toolkit. But this isn't the end—it's just the beginning.

Option 1: Repeat the 8-Week Cycle

Go deeper with the same tools:

- Week 1: Life Assessment (new questions)
- Week 2: S.O.A.P. (harder passages)
- Week 3: Prophetic Roundtable (deeper practice)
- Week 4: Foundation Doctrines (new doctrines)
- Week 5: Testimony Time (focused on recent breakthroughs)
- Week 6: Q&A (harder questions)
- Week 7: Outreach (new type of outreach)
- Week 8: Life Assessment (measure growth again)

Option 2: Customize Your Own Rhythm

Now that you understand the tools, create your own rhythm:

- Mix and match tools based on group needs
- Add new tools as you discover them
- Follow the Holy Spirit's leading

Final Thoughts for Leaders

You did it.

You walked with your disciples for 8 weeks. You created a safe space. You taught them to hear God. You challenged them to step out in faith. You measured growth.

But here's the truth:

The tools don't make disciples. The Holy Spirit does. You're just a faithful steward of what He's doing.

Don't get discouraged if:

- Growth is slower than you expected
- Someone drops out
- You make mistakes
- Not every week goes perfectly

Discipleship is messy. It's slow. It's hard.

But it's worth it.

Keep going.

Keep investing.

Keep trusting the process.

Keep pointing people to Jesus.

And when it's time, release them to do the same.

Quick Reference: 8-Week Overview

| | Tool | Purpose | Key Outcome |
|---|---------------------------|----------------------------|--------------------------------------|
| 1 | Life Assessment | Establish baseline | Self-awareness & leader insight |
| 2 | 3D Journal Devotional | Hear God through Scripture | Personal Bible study skill |
| 3 | Listening Prayer | Holy Spirit relationship | Confidence in hearing God for others |
| 4 | Foundation Doctrines | Lay theological foundation | Biblical truth established |
| 5 | Testimony Time | Build faith & gratitude | Recognition of God's activity |
| 6 | Q&A Deep Dive | Address doubts & confusion | Honest wrestling with truth |
| 7 | Outreach & Mission | Apply faith in action | Boldness & obedience |
| 8 | Life Assessment Revisited | Measure growth | Celebration & goal-setting |

Now go make disciples who make disciples.