

DNA

Launch

Guide

**A Step-by-Step Blueprint for New
Disciple-Makers**

A discipleship resource from ARK Identity

app.arkidentity.com

Introduction

You've completed the DNA Discipleship course. You understand the heart behind making disciples. Now what?

This guide is your practical roadmap from "I want to make disciples" to "I'm actively discipling." Think of this as your flight checklist—each phase has specific actions, conversations, and checkpoints to help you launch well.

Remember: Discipleship is both flow and structure. This guide provides the structure, but the Holy Spirit provides the life. Stay flexible, stay prayerful, stay dependent on God.

Quick Start Summary

Timeline Overview

Phase	Duration	Focus	Key Milestone
Pre-Launch	2-4 weeks	Preparation	Co-leader secured, disciples identified
Invitation	4-6 weeks	Testing readiness	Formal commitment made
Foundation	Months 1-3	Building trust	Vulnerability and teachability established
Growth	Months 4-6	Empowerment	Disciples leading regularly
Multiplication	Months 7-12	Release	New DNA groups launched

You don't need to master this entire guide before you begin. Focus only on the current phase you're in. Each phase builds on the last, and you'll grow into the role as you go.

Phase 1: Pre-Launch Checklist

- Honest self-assessment completed
 - Co-leader identified and committed
 - Meeting schedule and location established
 - Communication plan set up
 - DNA Group Agreement created
 - Prayer list created and prayed over for 1-2 weeks
 - 2-3 potential disciples identified
-

Phase 2: Invitation Checklist

- 2-3 informal conversations with potential disciples
 - Invited them into low-pressure environments
 - Had the direct discipleship conversation
 - They've verbally committed to the DNA group
 - Expectations clearly communicated
 - First meeting scheduled
 - DNA Group Agreement shared
-

Phase 3: Foundation Checklist (After 3 Months)

- Disciples showing up consistently (80%+ attendance)
 - Engaging in group chat and communication
 - Showing vulnerability and trust
 - Teachable and receiving correction well
 - Beginning to practice spiritual disciplines independently
 - Addressed at least one major stronghold or lie
 - Had opportunity to lead or serve
-

Phase 4: Growth Checklist (By Month 6)

- Leading devotionals confidently
 - Initiating spiritual conversations
 - Hearing from God and sharing what He's saying
 - Showing emotional and spiritual maturity
 - Handling correction well
 - Demonstrating fruit of the Spirit
 - Expressing desire to disciple others
 - Consistent in spiritual disciplines
-

Phase 5: Multiplication Readiness

A disciple is ready to multiply when they can:

- Articulate the gospel clearly
 - Lead themselves spiritually (consistent devotion)
 - Handle correction with humility
 - Initiate spiritual conversations
 - Demonstrate fruit of the Spirit
 - Express desire to disciple others
 - Complete a full cycle (6-12 months)
 - Show faithfulness in small things
-

Weekly Meeting Flow (60-90 minutes)

Segment	Time	Description
Check-In	15 min	Highs and lows from the week
Teaching/Tool	30 min	3D Journal, Prophetic Roundtable, or Creed Cards
Application	30 min	Discussion and processing
Prayer	15 min	Pray for specific needs

Key Reminders

Connection before correction — Build trust before addressing hard things.

Don't rush multiplication — Extend phases if disciples aren't ready.

Stay prayerful — Discipleship begins in prayer, not in planning.

Expect mess — People will disappoint you. That's okay. Keep going.

PHASE 1:

Pre-Launch

(Before You Start)

Getting Yourself Ready

Checkpoint 1: Self-Assessment

Before you invite anyone into discipleship, you need to honestly assess your own readiness. Answer these questions:

Spiritual Readiness

- [] Am I consistently spending time with God personally? (Not perfect, but consistent)
- [] Am I walking in freedom from lifestyle sin? (Not sinless, but not in bondage)
- [] Do I have mature believers speaking into my life?
- [] Can I articulate the gospel clearly and confidently?
- [] Am I teachable and correctable?

Relational Capacity

- [] How many close relationships can I handle well right now?
- [] Is my marriage/family life healthy and stable? (If applicable)
- [] Do I have margin in my weekly schedule for 3-5 hours of DNA commitment?
- [] Am I currently overcommitted? What needs to change?

Emotional Health

- [] Can I handle conflict without shutting down or exploding?
- [] Am I able to receive feedback without becoming defensive?
- [] Do I live "unoffendable" or do I easily take offense?
- [] Am I willing to be vulnerable about my own struggles?

If you answered “no” to multiple questions in any category, that's not disqualifying—it just means you need to address those areas first. Talk to a leader. Get help. Don't rush this.

Checkpoint 2: Finding Your Co-Leader

Why you need a co-leader:

- Shared workload prevents burnout
- Different perspectives strengthen the group
- Overlapping relationships create safety and accountability
- Models healthy partnership to disciples

Who makes a good co-leader?

They should be:

- Spiritually mature (not perfect, but growing)
- Faithful and reliable (proven track record)
- Complementary to your gifting (different strengths)
- In agreement with DNA vision and values
- Someone you respect and trust their wisdom

They should NOT be:

- Someone you're romantically interested in (avoid confusion)
- Someone you're currently in conflict with (resolve first)
- Someone who is newer in their faith than your potential disciples
- Someone who is unwilling to commit to the full process

How to ask someone to co-lead:

Step 1: Pray specifically for God to highlight someone

Step 2: Have a casual conversation about discipleship

Step 3: Ask directly: "I'm looking to start a DNA group. Would you pray about co-leading with me?"

Step 4: Give them time to pray and decide (don't pressure)

Step 5: If yes, meet to align on expectations, schedule, and approach

Sample Conversation:

"Hey, I've been thinking a lot about discipleship lately and I sense God is calling me to start a DNA group. I really value your walk with God and the way you invest in people. Would you be open to praying about co-leading with me? I think we could make a great team, and I'd love to have your partnership in this."

What if they say no?

Don't take it personally. They may have legitimate reasons (capacity, calling, season of life). Thank them, ask them to pray about who might be a good fit, and keep seeking.

What if you can't find a co-leader?

In rare cases, you may start without one—but actively keep looking. Pray for God to send someone who can step into that role within the first 3 months. Solo leadership is not sustainable long-term.

Checkpoint 3: Setting Up Your Rhythms

Before you invite disciples, establish your structure. Clarity prevents confusion later.

Weekly Meeting Time

- What day/time works for you AND your co-leader consistently?
- Where will you meet? (Home, coffee shop, church building, online?)
- How long will meetings last? (We recommend 60-90 minutes)

Communication Plan

- What platform will you use for group chat? (Text, GroupMe, WhatsApp, etc.)
- How often will you check in between meetings?
- What's your response time expectation? (24 hours? Same day?)

Additional Gatherings

- When will you do meals, outreach, or social hangouts?
- How often? (We recommend at least once a month outside of formal meetings)

Duration Commitment

- How long is this DNA group committed to meeting? (6-12 months recommended)
- When will you multiply? (Set a tentative date so everyone expects it)

Create a DNA Group Agreement

(3 different sample agreements at the back of the guide)

- Meeting time and location
- Communication expectations
- Commitment length
- Multiplication goal
- How to handle absences or conflicts

Everyone signs it. This isn't legalistic—it's honoring. It says "we're serious about this."

Checkpoint 4: Prayer Strategy

Discipleship begins in prayer, not in planning.

Spend intentional time asking God:

- "Who do you want me to invest in?"
- "Who is hungry and ready?"
- "What do you want to accomplish in this group?"

Jesus prayed all night before choosing His disciples (Luke 6:12-13). You don't need all night, but don't skip this step.

Create a prayer list:

- Write down 5-10 names of people who come to mind
- Pray over that list daily for 1-2 weeks
- Ask God to confirm or redirect
- Pay attention to who keeps coming to mind

Ask God specific questions:

- Is this person ready?
- What do they need from me?
- What will be challenging about discipling them?
- How will this relationship grow me?

Pray with your co-leader:

Set aside 30-60 minutes to pray together specifically about potential disciples. Listen to what the Holy Spirit highlights to each of you.

Pre-Launch Checklist

Before moving to Phase 2, make sure you've completed:

- [] Honest self-assessment completed
- [] Co-leader identified and committed
- [] Meeting schedule and location established
- [] Communication plan set up
- [] DNA Group Agreement created
- [] Prayer list created and prayed over for 1-2 weeks
- [] 2-3 potential disciples identified

Checked all these boxes?

Move to Phase 2: The Invitation.

PHASE 2:

The Invitation

(Weeks 1-6)

Testing the Soil and Planting Seeds

This phase is about observation and initiation. You're not formally asking them to be discipled yet—you're testing receptivity and building connection.

Week 1-2: The Coffee Conversation

Goal: Get to know them and gauge their hunger for spiritual growth.

- Text or call: "Hey, I'd love to grab coffee and catch up."
- Keep it casual—no pressure, no agenda initially
- Meet somewhere comfortable (coffee shop, lunch, park)

What to talk about:

Start with normal life stuff, then naturally transition:

- "How's your walk with God been lately?"
- "What's God been teaching you?"
- "Do you feel like you're growing spiritually?"
- "What's something you wish you understood better about God?"

What you're listening for:

- Are they hungry? (Do they light up when talking about God?)
- Are they honest? (Admit struggles or give "church answers"?)
- Are they curious? (Do they ask questions?)
- Are they available? (Do they have margin in their life?)

Red Flags:

- They don't engage spiritual topics at all
- They blame others for their spiritual state
- They're drowning in chaos with no desire to change
- They're defensive or dismissive

Green Lights:

- They express frustration with spiritual stagnation
- They ask YOU questions about your walk
- They're open about struggles
- They mention wanting to grow or be challenged

After the conversation:

- Thank them for their time
- Pray for them by name that week
- Don't make any formal ask yet—just observe

Week 3-4: The Follow-Up

Goal: Continue building connection and invite them into something practical.

How to follow up:

- Reach out within a few days: "Really enjoyed our conversation.
Been praying for you this week."
- Invite them to something low-pressure:
 - "We're doing a worship night at our place this Friday. You
should come."
 - "Want to join me for [outreach/service project]?"
 - "I'm meeting with a few people to pray this week. Would love
for you to join."

What you're watching:

- Do they show up?
- Do they engage or observe?
- Do they follow up afterward?

If they don't show up or respond:

That's valuable information. They may not be ready. Don't chase—just note it and keep praying.

If they DO engage:

You're seeing green lights. Time to have a more direct conversation.

Week 5-6: The Direct Conversation

Goal: Clearly present the opportunity for discipleship and gauge their response.

How to initiate:

Text or call: "Hey, I've really enjoyed getting to know you better. Can we grab coffee again? I want to run something by you."

The Conversation:

Be clear and confident. Here's a sample script (adjust to your voice):

"I've been thinking and praying a lot about discipleship lately. God has been stirring in me a desire to invest deeply in a few people—to help them grow in their faith, understand the Bible better, and step into everything God has for them.

I've noticed that you seem hungry for more. You ask good questions, you're honest about where you're at, and I sense that God might be calling us to do this together.

[Co-leader's name] and I are starting a DNA group—it's basically intentional discipleship. We'd meet weekly for about an hour, do life together, dig into Scripture, pray for each other, and challenge each other to grow. It's not just a Bible study—it's life-on-life.

I don't know if this is something you're interested in, but I wanted to ask: Would you be open to being part of this? No pressure—I just want you to know the door is open if you're hungry for it."

Let them respond.

Possible Responses:

1. "Yes! I've been wanting something like this."

Great! Move forward with expectations conversation (see next section).

2. "I'm interested, but can I think about it?"

Absolutely. Give them a timeline: "Take a week to pray about it. Let's reconnect next... [day]."

3. "I don't think I have the time right now."

Honor that. "I totally understand. If the season changes, let me know. I'll keep praying for you."

4. "What exactly does that look like?"

Good question. Walk them through the DNA structure, time commitment, and expectations (see next section).

5. Hesitation or uncertainty:

"I sense you're not sure. That's okay—this is a big commitment. What questions do you have?" Address concerns honestly.

Setting Expectations Together

If they say yes or want more details, have THIS conversation:

Time Commitment:

- "We meet weekly for 60-90 minutes. We also have a group chat for encouragement and prayer throughout the week."
- "We'll do meals or hangouts at least once a month—it's not just formal meetings."
- "We're committing to [6-12 months]. At the end, we multiply—meaning you'll be ready to start your own group."

What We'll Do:

- "We'll study Scripture together, pray for each other, work through life issues, and learn to hear God's voice."
- "We'll use tools like prophetic roundtables, devotional times, and outreach activities."
- "This is a safe place to be real—no performance, no judgment."

What We Expect:

- "We expect you to show up consistently. Life happens, but this needs to be a priority."
- "We expect you to be honest—even when it's uncomfortable."
- "We expect you to be teachable and open to correction."

- "We expect you to pursue us too—don't just wait for us to reach out."

What You Can Expect From Us:

- "We'll be consistent and committed to your growth."
- "We'll create a safe place for you to process and grow."
- "We'll challenge you, but we'll also be patient with you."
- "We'll celebrate your wins and walk with you through struggles."

Ask directly:

"Does this sound like something you're ready to commit to?"

If yes: Set the first meeting date and send them the DNA Group Agreement to review.

If hesitation: "What's holding you back?" Address concerns.

Phase 2 Checklist

Before moving to Phase 3, make sure:

- [] You've had 2-3 informal conversations with potential disciples
- [] You've invited them into low-pressure environments
- [] You've had the direct discipleship conversation
- [] They've verbally committed to the DNA group
- [] Expectations have been clearly communicated
- [] First meeting is scheduled
- [] DNA Group Agreement has been shared

If you have 2 disciples committed

(1 for you, 1 for co-leader), you're ready for Phase 3.

PHASE 3:

Foundation Building

(Months 1-3)

Establishing Rhythms and Trust

The first 3 months are critical. You're laying foundation, building trust, and establishing patterns that will carry the group for the next 6-9 months.

Month 1: Connection & Assessment

Week 1: First Official Meeting

Meeting Structure (90 minutes):

1. Welcome & Vision Casting (15 mins)

- Share your heart for the group
- Review DNA Group Agreement together
- Answer any questions
- Pray together

2. Life Assessment Activity (45 mins)

- Send Life Assessment links to your disciples (or PDF)
- Give everyone 25 minutes to complete individually
- Go around and share 2-3 answers each
- Listen more than you talk—this is data collection

3. Set Group Rhythms (20 mins)

- Confirm meeting time/location
- Set up group chat
- Schedule next 4 meetings
- Discuss communication expectations

4. Closing Prayer (10 mins)

- Pray over each person by name
- Ask God to guide the journey ahead

After the meeting:

- Send a follow-up text thanking them for coming
- Share any resources mentioned
- Confirm next meeting time

Weeks 2-4: Building Connection

Meeting Flow for Weeks 2-4:

Check-In (15 mins)

"How was your week? Highs and lows?"

Teaching/Tool (30 mins)

Introduce one discipleship tool each week: These are explained in detail in the 8-Week Toolkit.

- Week 2: 3D Journal (Assign Scripture for next week)
- Week 3: Listening Prayer Circle (Practice hearing God for each other)
- Week 4: Foundation Doctrines (Pick 2-3 Creed Cards to discuss)

Application/Discussion (30 mins)

Process what was taught. Ask questions like:

- "What stood out to you?"
- "How does this challenge you?"
- "What's one thing you'll do this week because of this?"

Prayer (15 mins)

Pray for each other's specific needs

Between meetings:

- Text the group at least once during the week
- Check in individually with your assigned disciple
- Pray for them daily by name

Month 2: Deepening Trust

Focus: Move from surface-level to personal-level vulnerability.

Week 5: Testimony Time

Goal: Build faith by sharing God's faithfulness.

Structure:

- Each person shares a testimony of God's work in their life (10 mins each)
- Ask follow-up questions
- Celebrate God's goodness together
- Close in worship or thanksgiving prayer

What you're listening for:

- Can they recognize God's activity in their life?
 - Are they growing in gratitude?
 - Do they give God credit or take credit themselves?
-

Week 6: Q&A Deep Dive

Goal: Address doubts, questions, and theological confusion.

Structure:

- "What questions about God, the Bible, or faith have you been afraid to ask?"
- Open floor—no question is off-limits
- Don't rush to answer—sometimes ask, "What do you think?"
- If you don't know the answer, say so: "Great question. Let me research that and we'll talk next week."

This builds trust: They see you're not pretending to have all the answers.

Week 7-8: Addressing Strongholds

Goal: Begin addressing patterns, lies, and strongholds.

How to approach this:

- By now, you've observed patterns in their life (fear, insecurity, anger, etc.)
- Gently name what you see: "I've noticed that when [situation] happens, you [response]. Can we talk about that?"
- Use Scripture to expose the lie and present truth
- Pray for breakthrough

Example:

"I've noticed that you talk a lot about feeling unworthy. Where do you think that comes from? Because God's Word says you're chosen, loved, and worthy because of Jesus. What would it look like to believe that?"

This is where connection before correction matters.

If you haven't built trust, they'll shut down. If you have, they'll receive it.

Month 3: Empowerment Begins

Focus: Start giving them opportunities to lead and practice.

Week 9: Let Them Lead Devotional

Goal: Give them practice teaching and hearing from God.

Structure:

- Assign them a chapter of Scripture
- They prepare and lead the 3D journal discussion
- You and co-leader give feedback afterward

What you're watching:

- Can they prepare?
 - Do they show up ready?
 - How do they handle leading?
-

Week 10: Outreach/Mission Activity

Goal: Apply faith in real-world context.

Ideas:

- Street evangelism
- Serve at homeless shelter
- Prayer walk through neighborhood
- Visit hospital or nursing home

Debrief afterward:

- "What was that like for you?"
 - "What did you learn about God? About yourself?"
 - "What fears came up?"
-

Week 11-12: Progress Check-In

Goal: Measure growth and identify next steps.

Structure:

- Retake Life Assessment from Week 1
- Compare answers: "What's changed?"
- Celebrate growth
- Identify areas still needing work
- Set goals for next 3 months

Ask directly:

- "Do you feel like you're growing?"
 - "What's been most challenging?"
 - "What's been most helpful?"
 - "Is there anything we should adjust?"
-

Phase 3 Checklist

After 3 months, evaluate:

- [] Disciples are showing up consistently (80%+ attendance)
- [] They're engaging in group chat and communication
- [] They're showing vulnerability and trust
- [] They're teachable and receiving correction well
- [] They're beginning to practice spiritual disciplines independently
- [] You've addressed at least one major stronghold or lie
- [] They've had opportunity to lead or serve

If most of these are true,

move to Phase 4: Growth & Development.

If not, extend Phase 3 another 4-6 weeks. Don't rush.

PHASE 4:

Growth & Development

(Months 4-6)

From Students to Practitioners

This phase is about transitioning from "I'm learning" to "I'm doing."

The Shift: From Teaching to Empowering

Months 1-3: You did most of the teaching and leading.

Months 4-6: They do more of the teaching and leading.

Your role changes:

- Less instructor, more coach
- Less talking, more listening
- Less answers, more questions

Their role changes:

- More responsibility
 - More initiative
 - More ownership
-

Giving Them "Reps"

While watching game film helps athletes—they really get better by playing. Same with disciples.

Ways to give them reps:

1. Let them lead devotionals regularly

- Rotate who prepares and teaches each week
- Give feedback after: "What did you do well? What would you change?"

2. Let them lead prophetic roundtable

- They facilitate
- They create the environment
- You observe and coach

3. Let them lead prayer

- Don't always open or close in prayer yourself
- Let them steward the group's prayer time

4. Let them invite others into spiritual conversations

- When you're doing outreach, let them take the lead
- Step back and observe
- Debrief afterward

5. Give them pastoral responsibility

- Ask them to check in on each other during the week
 - Let them pray for each other outside of group time
-

Processing Failures and Setbacks

This phase WILL include failures.

They'll lead a devotional and it'll flop.

They'll try to pray for someone and feel like nothing happened.

They'll miss a meeting or drop the ball on communication.

Your job: Help them process failure as growth, not disqualification.

When they fail, ask:

- "What did you learn?"
- "What would you do differently next time?"
- "How did this expose an area you need to grow in?"

Normalize failure:

- Share YOUR failures from when you were learning
- Remind them: "You're not expected to be perfect—you're expected to be faithful."

Don't rescue them from discomfort:

- Let them sit in the awkwardness of a failed teaching
 - Let them feel the sting of dropping the ball
 - Then help them learn from it
-

Increasing Ownership

By Month 6, they should be:

- Leading devotionals 50% of the time
- Initiating spiritual conversations with each other
- Praying for each other without prompting
- Asking YOU for feedback (not waiting for you to give it)
- Showing up prepared

If they're not doing these things by Month 6:

- Have a direct conversation: "I care about, and I want you to grow so you can experience everything God has for you. But I've noticed you're not taking as much ownership as I expected. What's going on?"
 - Address passivity or fear
 - Reset expectations if needed
-

Month 6 Evaluation

Have a formal check-in at the 6-month mark.

Ask each disciple:

- "How do you feel about your growth over the last 6 months?"
- "What's been most transformative?"
- "What's still challenging for you?"
- "Do you feel ready to start thinking about discipling someone else?"

You and co-leader evaluate:

- Are they ready to multiply in 3-6 months?
 - What still needs to happen before multiplication?
 - Do we need to extend this DNA group, or are we on track?
-

Phase 4 Checklist

By the end of Month 6, disciples should be:

- [] Leading devotionals confidently
- [] Initiating spiritual conversations
- [] Hearing from God and sharing what He's saying
- [] Showing emotional and spiritual maturity
- [] Handling correction well
- [] Demonstrating fruit of the Spirit
- [] Expressing desire to disciple others
- [] Consistent in spiritual disciplines (prayer, Scripture, worship)

If most of these are true, move to Phase 5: Multiplication.

If not, extend Phase 4 another 3 months.

PHASE 5:

Multiplication

(Months 7-12)

Releasing Them for Success

Multiplication is the goal. Don't let the group run indefinitely without a clear plan to release and multiply.

Recognizing Readiness

Use the **DNA Multiplication Readiness Checklist**:

A disciple is ready to multiply when they can:

- [] Articulate the gospel clearly
- [] Lead themselves spiritually (consistent devotion)
- [] Handle correction with humility
- [] Initiate spiritual conversations
- [] Demonstrate fruit of the Spirit
- [] Express desire to disciple others
- [] Complete a full cycle (6-12 months)
- [] Show faithfulness in small things

If they check most of these boxes, they're ready.

The Multiplication Conversation

When to have it: Month 9-10

How to initiate:

"Hey, can we talk about next steps? You've grown so much over the last 9 months. I think you're ready to start thinking about who YOU might disciple. How do you feel about that?"

Possible responses:

1. "I'm excited but nervous."

Normal. Affirm their growth and coach them through the fear.

2. "I don't feel ready."

Ask why. Address specific concerns. Sometimes it's humility; sometimes it's legitimate gaps.

3. "Who would I even disciple?"

Help them start praying. Give them the same process you went through in Phase 1.

4. "I'm ready. What do I do?"

Walk them through the DNA Launch Guide (this document).

Helping Them Find Their First Disciples

Coach them through the process:

- Pray with them about who to invite
- Help them identify 2-3 potential people
- Role-play the invitation conversation
- Give feedback

Let them make mistakes:

- They might pick someone who isn't ready—that's okay
 - They'll learn from it
 - Be available to coach, but don't do it for them
-

Month 12: Official Multiplication

By Month 12, the DNA group should multiply.

What multiplication looks like:

- You and your disciple each start a new DNA group
- Co-leader and their disciple each start a new DNA group
- Original group disbands (or meets occasionally for fellowship)

Multiplication Meeting:

- Celebrate what God has done
- Share testimonies of growth
- Commission them into their new groups
- Pray over them
- Set a date to check in 1 month later

After multiplication:

- Stay in touch
- Meet for coffee occasionally
- Be available when they need coaching
- Celebrate their wins

Common Multiplication Mistakes

1. Holding on too long

Some leaders don't want to let go. Release them. Trust God.

2. Multiplying too early

Some leaders rush multiplication before disciples are ready.
Be patient.

3. Ghosting after multiplication

Stay in touch. They still need you—just in a different capacity.

4. Expecting perfection

They'll make mistakes as new leaders. That's okay. Mistakes are part of growth.

Ongoing Support After Multiplication

Your role shifts again:

- From leader to mentor
- From teacher to advisor
- From constant presence to occasional guide

How to stay connected:

- Monthly check-in coffee
- Respond when they text with questions
- Pray for them regularly
- Celebrate their multiplication when it happens

The goal: They become confident, independent disciple-makers who multiply again.

Final Thoughts

Discipleship is messy.

People will disappoint you. You'll disappoint yourself. That's okay.

Discipleship is slow.

It takes longer than you think. Be patient.

Discipleship is worth it.

There's no greater joy than seeing someone step into their calling because you invested in them.

You're not doing this alone.

God is the one who causes growth. You're just a gardener's assistant.

Trust the process.

Follow this guide, stay prayerful, and adjust as needed.

Appendix:

DNA Group Agreement Templates

Template Option 1: Standard DNA Group Agreement

DNA Group Commitment Agreement

Group Name/Identifier: _____

Start Date: _____

Planned Multiplication Date: _____

Our Mission

We commit to becoming fully formed, living copies of Jesus through intentional discipleship. We will grow together, challenge each other, and multiply the DNA of Christ in others.

Meeting Commitment

Weekly Gathering:

- Day: _____
- Time: _____
- Location: _____
- Duration: _____ (typically 60-90 minutes)

Attendance:

- We commit to prioritizing this meeting as a non-negotiable in our schedules
- We will give 24-hour notice if we cannot attend (except emergencies)
- We understand that consistent attendance is essential for group cohesion and trust

Monthly Fellowship:

- We commit to at least one additional gathering per month (meal, outreach, social activity)
 - These gatherings are vital for building life-on-life relationships
-

Communication Commitment

Group Chat:

- Platform we'll use: _____
- Response expectation: Within 24 hours during weekdays
- We will use this space to encourage, request prayer, share testimonies, and coordinate schedules

Individual Check-ins:

- Leaders will check in with their disciples at least once between meetings
- Disciples are expected to initiate communication, not just respond

Honesty:

- We commit to honest communication—no ghosting, no excuses, no fake "I'm fine"
-

Spiritual Commitment

During Meetings:

- Show up prepared (complete assignments, read Scripture, bring questions)
- Be fully present (phones away, distractions minimized)
- Participate actively (share, pray, engage—don't just observe)
- Be vulnerable and honest about struggles, doubts, and victories

Outside of Meetings:

- Maintain personal devotional time with God
- Apply what we're learning in real life
- Practice spiritual disciplines (prayer, Scripture, worship, service)

Teachability:

- We commit to being teachable and correctable
- We will receive feedback with humility, not defensiveness
- We understand that correction is an act of love, not criticism

Covenant Relationships

What This IS:

- A safe place to be real without judgment
- A community committed to truth spoken in love
- A partnership where we give each other permission to question our lives
- A discipleship journey that prepares us to disciple others

What This IS NOT:

- A casual hangout that breaks when life gets busy
- A place where leaders control your decisions (you have autonomy)
- A one-way street (leaders pour in, disciples just receive)
- Therapy or professional counseling (we'll point you to help when needed)

Expectations of Leaders

Leaders commit to:

- Model what they teach
- Be consistent and reliable
- Create a safe environment for vulnerability
- Provide biblical teaching and correction
- Pray for disciples regularly
- Be available for guidance between meetings
- Walk in integrity and godliness

Expectations of Disciples

Disciples commit to:

- Show up consistently and on time
- Be honest about struggles and victories
- Pursue leaders, not just wait to be pursued
- Complete assignments and come prepared
- Grow in spiritual disciplines outside the group
- Receive correction with humility
- Move toward the goal of multiplying (discipling others)

Multiplication Commitment

Timeline:

- We commit to meeting together for [6 / 9 / 12 months] (circle one)
- Our planned multiplication date: _____

The Goal:

- By the end of this DNA group, disciples will be equipped to start their own groups
- Multiplication is not abandonment—it's release into calling
- We will stay connected after multiplication, but in a different capacity

Preparing for Multiplication:

- Beginning at Month 6, we'll start praying about who to disciple next
- By Month 9, disciples will identify potential people to invest in
- By Month 12, new DNA groups will launch

Conflict Resolution

When conflict arises (and it will):

- We commit to addressing issues directly, not through gossip
- We will speak truth in love, assuming the best about each other
- We will involve the whole group if one-on-one resolution doesn't work
- We will prioritize reconciliation and unity

Matthew 18 Principle: If someone wrongs you, go to them first. If that doesn't resolve it, bring witnesses. If needed, involve the larger community.

Confidentiality

What's shared in the group stays in the group, unless:

- Someone is in danger (self-harm, abuse, etc.)
- Someone gives permission to share their story
- Leaders need to consult with other mature leaders for wisdom

We will not gossip about each other or share private struggles outside the group without permission.

Grace and Flexibility

Life Happens:

- We extend grace when unexpected circumstances arise
- We communicate when we need flexibility
- We don't let grace become an excuse for lack of commitment

Adjustments:

- If the schedule or structure isn't working, we'll discuss and adjust
 - This agreement is a living document—we can revisit and revise as needed

Our Commitment

By signing below, we acknowledge that we have read, understood, and agree to honor this DNA Group Commitment. We enter into this covenant relationship with joy, humility, and expectation of what God will do in and through us.

Signatures:

Leader Name (Printed)

Leader Signature _____ Date: _____

Co-Leader Name (Printed)

Co-Leader Signature _____ Date: _____

Disciple 1 Name (Printed)

Date: _____

Disciple 2 Name (Printed)

Date: _____

Prayer of Commissioning

To be prayed together at the signing:

"Father, we thank You for bringing us together for this season. We ask that You would grow us into the fullness of Christ. Give us humility to receive, courage to be vulnerable, and faithfulness to finish well. Help us become disciple-makers who multiply Your Kingdom. We surrender this journey to You. In Jesus' name, Amen."

Template Option 2: Simplified (One-Page Version)

DNA Group Agreement

Group Members: _____, _____,
_____, _____,

Meeting Details:

Every _____ **at** _____ **for** _____ **(duration)**

Duration: From _____ to _____ **(6-12 months)**

We Commit To:

SHOW UP

- Attend weekly meetings consistently
- Give 24-hour notice if we can't make it
- Participate in monthly fellowship gatherings

SPEAK UP

- Be honest and vulnerable
- Share struggles, not just victories
- Ask questions and engage actively

GROW UP

- Be teachable and correctable
- Maintain personal devotional life
- Apply what we're learning in real life

LIFT UP

- Pray for each other regularly
- Encourage one another throughout the week
- Speak truth in love

MULTIPLY UP

- Work toward the goal of discipling others
- Pray about future disciples starting at Month 6
- Launch new DNA groups by _____ (date)

Group Agreements:

- What's shared here stays here (confidentiality)
 - We address conflict directly and quickly
 - We extend grace while maintaining accountability
 - We trust the process even when it's uncomfortable
 - We prioritize this commitment for the duration agreed upon
-

Signed:

_____ / _____ (Leader)

_____ / _____ (Co-Leader)

_____ / _____ (Disciple 1)

_____ / _____ (Disciple 2)

"Iron sharpens iron, and one person sharpens another." - Proverbs 27:17

Template Option 3: Interactive (Fill-in-the-Blank)

Our DNA Group Covenant

Date: _____

Who We Are

We are [Group Name/Identifier]: _____

Our DNA group consists of:

- Leader: _____
- Co-Leader: _____
- Disciple 1: _____
- Disciple 2: _____

Our Commitment

We commit to meeting:

- Every _____ (day of week)
- At _____ (time)
- Location/Platform: _____
- For _____ months (ending approximately _____)

Our Expectations

I will show up by:

- Attending _____ % of meetings (realistic commitment: 80-90%)
- Arriving on time and staying for the full meeting
- Coming prepared and engaged

I will open up by:

- Being honest about my struggles
- Sharing what God is teaching me
- Asking for help when I need it

I will grow up by:

- Spending time with God _____ times per week
- Completing assignments and preparation
- Receiving correction with humility

I will step up by:

- Leading devotionals when asked
- Praying for group members by name
- Participating in outreach/service activities

I will lift up by:

- Encouraging others through text/calls
 - Responding to group chat within _____ hours
 - Praying for specific requests shared
-

Our Multiplication Vision

By the end of this DNA group, we will:

- Be equipped to disciple others
 - Have identified potential disciples to invest in
 - Launch _____ new DNA groups by _____ (date)
-

Our Agreement on Hard Things

When I mess up, I will:

- Own it quickly and apologize
- Receive correction without defensiveness
- Make changes, not just excuses

When conflict arises, I will:

- Go directly to the person involved
- Speak truth in love
- Pursue reconciliation and unity

When life gets hard, I will:

- Communicate honestly about my capacity
 - Ask for help rather than disappear
 - Trust the group to support me
-

Our Prayer Together

We pray this together as we begin:

"God, thank You for this DNA group. We invite You to have Your way in us. Expose what needs to change. Heal what needs healing. Grow what needs growing. Make us into fully formed, living copies of Jesus. Help us finish well and multiply Your Kingdom. In Jesus' name, Amen."

Our Signatures:

Leader

Co-Leader

Disciple 1

Disciple 2

"A student is not above the teacher, but everyone who is fully trained will be like their teacher." - Luke 6:40

Now go make disciples.