

DNA Readiness Quiz

Purpose: This assessment determines if someone who has completed DNA preparation (Manual, Launch Guide, and 8-Week Toolkit) is ready to launch their first DNA group.

Instructions: Answer honestly. This isn't about perfection—it's about readiness. Your leader should review the results with you.

PART 1: SPIRITUAL MATURITY (12 Questions)

1. When someone asks you to explain the gospel, you:

- A) Feel confident and can clearly articulate it in your own words (4 pts)
- B) Can explain the basics but sometimes get stuck on details (3 pts)
- C) Would need to reference notes or Scripture to explain it fully (2 pts)
- D) Feel uncertain and would prefer someone else explain it (1 pt)

2. When you receive correction from a leader or mature believer, you typically:

- A) Receive it with gratitude and take action to change (4 pts)
- B) Initially feel defensive but eventually process and apply it (3 pts)
- C) Listen but often feel hurt or misunderstood (2 pts)
- D) Become defensive, shut down, or dismiss the feedback (1 pt)

3. Your personal devotional time with God (prayer, Scripture, worship) is:

- A) Consistent—I rarely miss and it's a non-negotiable rhythm (4 pts)
- B) Regular—most days, with occasional gaps (3 pts)
- C) Inconsistent—I go through seasons of devotion and drought (2 pts)
- D) Rare—I struggle to maintain any regular practice (1 pt)

4. When you sin or fail, your typical response is:

- A) Confess quickly to God and trusted people, then move forward (4 pts)
- B) Confess to God but rarely to others unless necessary (3 pts)
- C) Feel shame and hide for a while before addressing it (2 pts)
- D) Minimize it, blame circumstances, or avoid thinking about it (1 pt)

5. The fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control) in your life is:

- A) Evident and growing—others have commented on it (4 pts)
- B) Present in most areas with 1-2 areas still needing significant growth (3 pts)
- C) Inconsistent—depends heavily on my circumstances (2 pts)
- D) Largely absent or only visible when things are going well (1 pt)

6. Your ability to hear God's voice and discern His leading is:

- A) Strong—I regularly hear from God and test what I hear (4 pts)
- B) Developing—I hear Him sometimes and am learning to discern (3 pts)
- C) Uncertain—I'm not always sure if it's God or my own thoughts (2 pts)
- D) Weak—I rarely sense God speaking to me personally (1 pt)

7. When facing a difficult decision, you:

- A) Seek God first, consult wise counsel, then act with confidence (4 pts)
- B) Pray about it and usually make good decisions (3 pts)

- C) Often act first and pray later, or struggle with indecision (2 pts)
- D) Make impulsive decisions or avoid deciding altogether (1 pt)

8. Your understanding of core Christian doctrines (Trinity, salvation, Scripture, etc.) is:

- A) Solid—I can explain and defend these truths clearly (4 pts)
- B) Good foundation with some areas I'm still learning (3 pts)
- C) Basic—I believe them but couldn't explain them well (2 pts)
- D) Uncertain—I have questions about fundamental beliefs (1 pt)

9. When someone shares a struggle or sin with you, you:

- A) Listen well, point them to truth, and follow up with care (4 pts)
- B) Try to encourage them but sometimes unsure what to say (3 pts)
- C) Feel uncomfortable and tend to offer quick fixes or platitudes (2 pts)
- D) Avoid these conversations or change the subject (1 pt)

10. Your prayer life includes:

- A) Personal prayer, intercessory prayer for others, and listening prayer (4 pts)
- B) Regular personal prayer with some intercession for others (3 pts)
- C) Mostly personal requests with occasional prayer for others (2 pts)
- D) Sporadic prayer, usually only when I need something (1 pt)

11. When you read Scripture, you:

- A) Engage deeply—asking what it means, how it applies, and what to do (4 pts)
- B) Read consistently and usually gain something from it (3 pts)
- C) Read but often feel like I'm just checking a box (2 pts)
- D) Rarely read unless in a group setting (1 pt)

12. Your walk with God over the past 6 months has been:

- A) Marked by significant growth and deepening intimacy (4 pts)
 - B) Steady with some growth and occasional struggles (3 pts)
 - C) Stagnant—not much change in either direction (2 pts)
 - D) Declining—I've drifted or struggled significantly (1 pt)
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PART 2: LIFE STABILITY (10 Questions)

13. TRUE or FALSE: I am currently free from addiction or bondage to substances, pornography, or other habitual sins.

- True (4 pts) / False (0 pts)

14. TRUE or FALSE: I have at least 3-5 hours per week available to invest in discipling others. (meeting time + preparation + follow-up).

- True (4 pts) / False (0 pts)

15. TRUE or FALSE: If married, my spouse supports me leading a DNA group.

- True (4 pts) / False (0 pts) / N/A - Not married (4 pts)

16. Your financial situation is:

- A) Stable—I give, have margin, and am not controlled by money stress (4 pts)
- B) Generally stable with occasional tight seasons (3 pts)
- C) Stressful—finances are a regular source of anxiety (2 pts)
- D) In crisis—debt, inability to meet obligations, or financial chaos (1 pt)

17. Your closest relationships (spouse, family, close friends) would be described as:

- A) Healthy—characterized by trust, honesty, and mutual respect (4 pts)
- B) Good overall with normal relational challenges (3 pts)
- C) Strained—ongoing conflict or unresolved issues (2 pts)
- D) Broken—significant relational dysfunction or isolation (1 pt)

18. When you experience strong emotions (anger, fear, anxiety, sadness), you:

- A) Process them in healthy ways without being controlled by them (4 pts)
- B) Usually manage them well but sometimes struggle (3 pts)
- C) Often feel overwhelmed or act out of emotion (2 pts)
- D) Frequently explode, shut down, or make poor decisions (1 pt)

19. TRUE or FALSE: I am not currently in an unresolved conflict with another believer that I am unwilling to address.

- True (4 pts) / False (0 pts)

20. Your work/life balance allows you to:

- A) Be present with people without constant distraction or exhaustion (4 pts)
- B) Usually be available, though some seasons are busier (3 pts)
- C) Feel stretched thin and often distracted by responsibilities (2 pts)
- D) Barely keep up—no margin for anything additional (1 pt)

21. TRUE or FALSE: I have mature believers who speak into my life and hold me accountable.

- True (4 pts) / False (0 pts)

22. If something came up that required you to miss a DNA meeting, you would:

- A) Communicate immediately, make alternative arrangements, and rarely miss (4 pts)
 - B) Give notice and try to reschedule when possible (3 pts)
 - C) Feel bad but probably just miss without much communication (2 pts)
 - D) Not think it's a big deal—things come up (1 pt)
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PART 3: LEADERSHIP READINESS (10 Questions - Scale 1-5)

Rate yourself honestly: 1 = Not true of me, 5 = Very true of me

23. I naturally initiate spiritual conversations with others (not just respond when others bring them up).

- 1 / 2 / 3 / 4 / 5

24. When I don't know something, I readily admit it rather than pretending or deflecting.

- 1 / 2 / 3 / 4 / 5

25. I follow through on commitments even when it's inconvenient or no one is watching.

- 1 / 2 / 3 / 4 / 5

26. I have a genuine desire to see others grow spiritually, not just complete a program.

- 1 / 2 / 3 / 4 / 5

27. I can hold confidential information without sharing it inappropriately.

- 1 / 2 / 3 / 4 / 5

28. I am able to speak hard truths to people in love, even when it's uncomfortable.

- 1 / 2 / 3 / 4 / 5

29. I seek feedback on my leadership and blind spots rather than avoiding it.

- 1 / 2 / 3 / 4 / 5

30. I model what I teach—I don't ask others to do what I'm unwilling to do.

- 1 / 2 / 3 / 4 / 5

31. I can stay calm and think clearly when someone shares something heavy or crisis-level.

- 1 / 2 / 3 / 4 / 5

32. I prioritize people over tasks and can be present in conversations without rushing.

- 1 / 2 / 3 / 4 / 5
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PART 4: DNA COMPETENCIES (8 Questions)

33. After experiencing the 8-Week Toolkit, If asked to lead a 3D Journal discussion right now, you would:

- A) Feel confident—I've done it multiple times and can facilitate well (4 pts)
- B) Be able to do it with some preparation (3 pts)
- C) Need significant coaching or a script to follow (2 pts)
- D) Not know where to start (1 pt)

34. The 5 phases of DNA Discipleship (Pre-Launch, Invitation, Foundation, Growth, Multiplication) are:

- A) Clear to me—I understand the purpose and flow of each phase (4 pts)
- B) Familiar—I know the names and general idea but some details are fuzzy (3 pts)
- C) Vague—I've heard of them but couldn't explain them (2 pts)
- D) Unknown—I don't know what these are (1 pt)

35. After completing the DNA Discipleship Manual and 8-Week Toolkit, you feel:

- A) Well-equipped to lead a DNA group with the tools and structure provided (4 pts)
- B) Prepared but will need to reference materials frequently (3 pts)
- C) Somewhat ready but nervous about facilitating on my own (2 pts)
- D) Unsure if I really understand DNA well enough to lead (1 pt)

36. If a disciple came to you with a serious personal crisis (marriage struggles, addiction relapse, job loss), you would:

- A) Know how to listen, support, and connect them with appropriate help (4 pts)
- B) Feel equipped to help but might need to consult my leader (3 pts)
- C) Feel uncertain but would try my best (2 pts)
- D) Feel completely out of my depth and want to pass them off (1 pt)

37. Your understanding of the DNA Group Agreement and expectations for disciples is:

- A) Clear—I could explain it to someone considering joining (4 pts)
- B) Good—I know the main commitments and why they matter (3 pts)
- C) Basic—I signed one but don't remember the details (2 pts)
- D) Unclear—I don't really know what's expected (1 pt)

38. When it comes to facilitating a Prophetic Roundtable, you:

- A) Have led one and feel comfortable guiding the process (4 pts)
- B) Have participated and could lead with some preparation (3 pts)
- C) Have participated but would need significant help to lead (2 pts)
- D) Don't know what a Prophetic Roundtable is (1 pt)

39. If a disciple consistently showed up unprepared or missed meetings, you would:

- A) Address it directly with grace and clarity, setting clear expectations (4 pts)
- B) Eventually bring it up but might avoid the conversation at first (3 pts)
- C) Hope it improves on its own or hint at the issue indirectly (2 pts)
- D) Not know how to handle it or ignore it to avoid conflict (1 pt)

40. Your motivation for wanting to disciple others is primarily:

- A) Obedience to Jesus and genuine love for people's spiritual growth (4 pts)
 - B) A sense of calling mixed with wanting to give back what I received (3 pts)
 - C) It seems like the next step or others are encouraging me to do it (2 pts)
 - D) I'm not sure I actually want to—I feel pressured or obligated (1 pt)
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SCORING

Calculate Your Score:

Part 1 (Spiritual Maturity): _____ / 48

Part 2 (Life Stability): _____ / 40

Part 3 (Leadership Readiness): _____ / 50

Part 4 (DNA Competencies): _____ / 32

TOTAL: _____ / 170

RESULTS:

136-170 points (80%+) = READY TO LAUNCH

You demonstrate the spiritual maturity, life stability, and DNA competencies needed to lead a DNA group. You're cleared to launch.

Next Steps:

1. Meet with your pastor/coach to celebrate and confirm
2. Finalize your co-leader (if not already identified)
3. Begin Phase 2 of Launch Guide (The Invitation) - identify and invite your first 2 disciples
4. Set your official DNA group launch date
5. Review DNA Group Agreement templates and customize for your group

Congratulations! You're ready to become a DNA leader.

111-135 points (65-79%) = NOT YET READY

You're making progress but have specific gaps to address before leading others. This doesn't mean you're disqualified—it means you need more preparation.

Next Steps:

1. Meet with your pastor/coach to review your results
2. Identify your weakest category (see breakdown below)
3. Create a 6-8 week growth plan focused on those areas
4. Retake the assessment after completing your growth plan
5. Consider serving as a CO-LEADER (under an experienced leader) while you continue developing

Don't rush this. Better to launch ready than to launch too soon.

110 points or below (<65%) = NOT READY

You need significantly more time and development before becoming a DNA leader. This isn't failure—it's wisdom. Continue growing as a disciple before attempting to lead.

Next Steps:

1. Meet with your pastor/coach for honest conversation
2. Consider JOINING a DNA group as a disciple (not leading yet)
3. Focus on the areas below that scored lowest
4. Reassess in 6-12 months after significant growth
5. Get additional support: counseling, spiritual direction, mentorship

God's timing is perfect. Trust the process.

CATEGORY BREAKDOWN

Calculate your percentage for each category:

Category	Your Score	Max	Percentage
Spiritual Maturity	____	48	____%
Life Stability	____	40	____%
Leadership Readiness	____	50	____%
DNA Competencies	____	32	____%

Any category below 65% requires focused attention before multiplication.

GROWTH RECOMMENDATIONS BY CATEGORY

If Spiritual Maturity is your weakest area:

- Recommit to daily devotional time using the 3D Journal method
- Ask your pastor to help you articulate the gospel until it's natural
- Identify 1-2 fruit of the Spirit to intentionally develop
- Practice receiving and applying correction without defensiveness
- Consider additional biblical training (courses, mentorship, reading)

If Life Stability is your weakest area:

- Address any unresolved conflicts before proceeding
- Get your finances in order—create a budget, start tithing, eliminate chaos
- If relational issues exist, pursue counseling or reconciliation
- Evaluate your schedule and create margin for discipleship
- Work on emotional health and self-regulation

If Leadership Readiness is your weakest area:

- Practice initiating spiritual conversations weekly
- Ask for feedback from your pastor on your blind spots
- Take on small leadership responsibilities in your church
- Work on speaking truth in love—start with low-stakes situations
- Read books on leadership (Hero Maker, Empowerment Factor, etc.)

If DNA Competencies is your weakest area:

- Review the DNA Launch Guide thoroughly again
 - Practice leading 3D Journal and Prophetic Roundtable with a friend or mentor
 - Re-watch or re-read the 8-Week Toolkit materials
 - Shadow an experienced DNA leader for a few weeks
 - Ask clarifying questions about the DNA phases and structure
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NEXT STEPS BASED ON RESULTS

If READY (136-170 points):

Immediate Actions:

1. Schedule celebration meeting with pastor/coach
2. Finalize co-leader selection
3. Begin praying about potential disciples (create list of 5-10 names)
4. Set DNA group launch date (typically 2-4 weeks out)
5. Prepare DNA Group Agreement and customize it

Timeline: Launch within 2-4 weeks

If NOT YET READY (111-135 points):

Immediate Actions:

1. Review this assessment with your pastor/coach
2. Create a specific 6-8 week growth plan with timeline
3. Focus on your weakest category
4. Consider co-leading under an experienced DNA leader
5. Schedule reassessment date: _____

Timeline: Reassess in 6-8 weeks, potentially launch in 10-12 weeks

If NOT READY (110 or below):

Immediate Actions:

1. Have honest conversation with pastor about development needs
2. Join a DNA group as a DISCIPLE (experience it first)
3. Identify 2-3 specific areas requiring significant growth
4. Get additional support (counseling, mentorship, etc.)
5. Schedule reassessment date: _____ (6-12 months)

Timeline: Focus on personal growth for 6-12 months before reconsidering

PASTOR/COACH DEBRIEF GUIDE

When reviewing results with leaders, use this framework:

1. Celebrate Courage (5 minutes)

"Thank you for completing this honestly. Self-awareness is the first step to growth."

2. Review Overall Score (5 minutes)

"You scored ___ out of 170. Here's what that means..."

Explain their readiness level: Ready / Not Yet / Not Ready

3. Discuss Category Breakdown (15 minutes)

Look at which category was weakest. Ask:

- "Does this surprise you?"
 - "What do you think is driving that lower score?"
 - "Where have you seen this show up in your life?"
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4. Make a Decision Together (10 minutes)

If Ready: "I affirm your readiness. Let's get you launched. Here's what's next..."

If Not Yet: "You're close. Let's create a growth plan for the next 6-8 weeks. We'll focus on [specific area]."

If Not Ready: "I care about you too much to let you launch before you're ready. Let's talk about what needs to happen first."

5. Create Action Plan (10 minutes)

Ready → Launch Plan:

- Co-leader: _____
- Launch date: _____
- Potential disciples: _____
- Next meeting: _____

Not Yet → Growth Plan:

- Focus area: _____
- Specific action steps: _____
- Accountability: _____
- Reassessment date: _____

Not Ready → Development Plan:

- Join DNA group as disciple? Y / N
 - Additional support needed: _____
 - Growth timeline: _____
 - Check-in date: _____
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6. Pray Together (5 minutes)

Close by praying over their journey—whether launching, preparing, or developing.

IMPORTANT NOTES

This Assessment is NOT:

- A measure of your worth or value to God
- A comparison to others
- A permanent label ("not ready" can become "ready")
- A judgment on your spirituality

This Assessment IS:

- A snapshot of current readiness
 - A tool for growth and development
 - A way to set you up for success (not failure)
 - A loving gate to protect you and those you'd disciple
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REASSESSMENT

When should you retake this quiz?

Scenario 1: You scored "Not Yet" or "Not Ready"

Retake after your growth plan timeline (6-12 weeks)

Scenario 2: You launched and led for 12 months

Retake before MULTIPLYING to validate readiness for next level

Scenario 3: You're considering moving from co-leader to lead leader

Retake to ensure you're ready to lead independently

ADDITIONAL RESOURCES

For spiritual maturity:

- DNA Discipleship Manual (6 weeks)
- ARK Identity courses: ID3, Freedom, Sabbath, The Bridge

For leadership development:

- *Hero Maker* by Dave Ferguson & Warren Bird
- *The Empowerment Factor* by Travis Gluckler
- *The River Church* by Larry Walkemeyer

For DNA competencies:

- DNA 8-Week Toolkit (review and practice)
- DNA Launch Guide (Phase 1-5)
- Shadow an experienced DNA leader

This assessment is designed to help you launch DNA groups with confidence and competence. The goal isn't perfection—it's readiness. Trust the process, embrace the growth, and step into the calling God has for you.

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

Assessment Date: _____

Leader Review Date: _____

Leader Signature: _____