

# DNA LIFE ASSESSMENT

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

**Instructions:**

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

**Rating Scale:**

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

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

*Circle one:*

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

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

1 — 2 — 3 — 4 — 5

*How many days per week do you spend intentional time with God? \_\_\_\_\_ days/week*

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

1 — 2 — 3 — 4 — 5

*Explain: \_\_\_\_\_*

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

Yes / Somewhat / No

*If yes, write it in 2-3 sentences:*

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

Likes me / Just loves me / Not sure

*Why? \_\_\_\_\_*

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

1 — 2 — 3 — 4 — 5

## PART 2: SPIRITUAL FREEDOM (6 Questions)

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

Yes / Mostly / Struggling / No

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

Yes / No

If yes, what: \_\_\_\_\_

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

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

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

Free / Mostly free / Trapped / Somewhere in between

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

Circle one:

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

### 12. Rate your ability to receive correction without becoming defensive

1 — 2 — 3 — 4 — 5

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## PART 3: IDENTITY & EMOTIONS (5 Questions)

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

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

1 — 2 — 3 — 4 — 5

**15. What's your biggest insecurity?**

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**16. How do you respond to failure or mistakes?**

*Circle one:*

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

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

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

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## PART 4: RELATIONSHIPS (5 Questions)

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

Yes / 1-2 / No

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

Yes / No

*If yes, with whom:* \_\_\_\_\_

**20. How do you typically handle conflict?**

*Circle one:*

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

**21. Have you ever disciplined someone or led someone to Christ?**

Yes / No

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

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## PART 5: CALLING & PURPOSE (4 Questions)

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

Yes, clear / Somewhat / No idea

If yes, what: \_\_\_\_\_

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

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

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

1 — 2 — 3 — 4 — 5

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## **PART 6: LIFESTYLE & STEWARDSHIP (4 Questions)**

**27. Rate the stability of your financial situation**

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

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

**1 — 2 — 3 — 4 — 5**

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

**1 — 2 — 3 — 4 — 5**

**30. Rate your work/life balance**

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

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## PART 7: SPIRITUAL FRUIT (6 Questions)

*Rate how consistently you demonstrate each fruit of the Spirit:*

### **31. LOVE — Sacrificial care for others**

1 — 2 — 3 — 4 — 5

### **32. JOY — Deep contentment regardless of circumstances**

1 — 2 — 3 — 4 — 5

### **33. PEACE — Inner rest and trust in God**

1 — 2 — 3 — 4 — 5

### **34. PATIENCE — Slow to anger, extending grace**

1 — 2 — 3 — 4 — 5

### **35. KINDNESS — Actively seeking others' good**

1 — 2 — 3 — 4 — 5

### **36. GOODNESS — Moral integrity and generosity**

1 — 2 — 3 — 4 — 5

### **37. FAITHFULNESS — Reliable and consistent follow-through**

1 — 2 — 3 — 4 — 5

### **38. GENTLENESS — Strength under control**

1 — 2 — 3 — 4 — 5

### **39. SELF-CONTROL — Mastery over impulses and appetites**

1 — 2 — 3 — 4 — 5

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## **REFLECTION QUESTIONS (3 Open-Ended)**

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

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

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**42. Why did you say yes to DNA discipleship?**

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# **FOR LEADERS: Week 1 Discussion Guide**

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

## **Round 1: Surface Level (10 mins)**

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

## **Round 2: Vulnerability (20 mins)**

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

## **Round 3: Hope (15 mins)**

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

### **Leader Observations to Note:**

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

# **WEEK 8 COMPARISON**

**At Week 8, retake this assessment and compare:**

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

### **Key comparison questions:**

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

**Date Completed:** \_\_\_\_\_

**DNA Group:** \_\_\_\_\_

**Leader/Co-Leader:** \_\_\_\_\_