



DNA Groups

Divine truth, Nurturing relationships, Apostolic mission
Devotion, Nourishment, Adventure

“Multiplying healthy followers of Jesus”

Essential to the health of any living and growing organism is the multiplication of its smallest units, provided they carry the correct, undamaged DNA.

The smallest recognisable unit of the church is when people gather together in groups of two or three (the church can never be seen as a collection of individuals but only as people coming together as an expression of God's corporate people): *“For where two or three come together in my name, there am I with them”* – Matthew 18v20

Such gatherings can provide the necessary DNA quality control that ensure the health of the whole body. Here there is no hiding and no falsehood, and everyone receives the positive encouragement and practical help required to face the daily challenges of living and growing as a disciple of Jesus.

There are many disciplines we could list that go towards making a healthy Christian life. For the sake of simplicity, and because these mostly encompass every other, the following three elements make up the framework of the DNA groups:

- * **Bible** – hearing and obeying God through consistently reading the Bible, responding to what it says.
- * **Prayer** – communicating with God about the issues of your own life, as well as those of others, particularly intercession for friends, neighbours and colleagues who don't yet know Jesus.
- * **Accountability** – living openly, honestly and humbly as part of the family of God; sharing our success and sorrow, our joys and challenges as well as specific things God has said that we need to obey.

Many who have participated in such groups have found them to be fantastic in helping them to live the life for God that they desire, yet previously lacked the framework to consistently achieve.

Practically speaking...

- * find one or two other people (same sex) with whom you can commit to meet for at least one hour on a weekly basis. It's best if you can agree a set time each week so it doesn't get forgotten or squeezed out, though the small group size gives great flexibility when required.
- * choose between you each week on a portion of the Bible that you will read together (keep it challenging – minimum of fifteen chapters; e.g. James three times or first fifteen chapters of Jeremiah). Between meetings, keep a note of key things that the Holy Spirit highlights to you, and any specific challenges that arise from the reading.
- * each share the names of up to three people (VIPs) the Holy Spirit has put on your heart to pray for that don't yet know Jesus. Pray for one or more of your own and each others VIPs every day, using the Bible verses on the DNA bookmark to guide you. Make a note of anything specific that you are led to pray for or that you feel the Holy Spirit wants you to do for these people.
- * when you meet, work through the character discipleship questions on the DNA bookmark to begin with, feeling free to personalise for greater effectiveness as you get used to the format e.g. add in your own specific questions for an individual or the whole group; focus more of the areas most relevant for you etc.

DNA groups are not designed to be any smaller than two or any larger than three. Less than two and it's just you on your own! More than three and organisation becomes harder (four busy diaries!) and the time required to meet becomes greater. Also, part of healthy church DNA is multiplication, and therefore must be something central to the life of every disciple. When the group is at three and one more person is added, multiplication occurs and a new DNA group is formed. When multiplication is common at the level of these smallest units, it will sweep like a virus throughout the whole church.

Important note: whilst multiplication might seem uncomfortable, even unnecessary, at this level, it is in fact key to producing a kingdom growth and advancement mentality that will have an impact on everything we do.

Suggested reading: Organic Church (Neil Cole), Chapter 7: [We all began as Zygotes](#)