

DNA GROUP MEETING GUIDE

EMOTIONS CHECK-IN (5 Minutes)

- *Pray and ask the Spirit to help you identify the emotions you're currently experiencing and why you're experiencing them.*
- *Use the Emotions Wheel to articulate your feelings, and give words to your emotions in the space provided.*
- *Briefly share with your DNA Group the emotions you've written, and listen to them share as well.*
- *Sympathize with one another, and write down their names and emotions after they share.*
- *Transition to "Discover" by praying for Jesus to meet the group in their emotional needs and asking the Spirit to speak to the group through the Scriptures.*

DISCOVER JESUS IN THE SCRIPTURES (45 Minutes)

- *Choose one chapter or passage of the Scriptures to engage with together and spend time slowly reading it.*
- *Answer these five questions together out loud and write down any highlights in the spaces provided:*
 1. *What has God done in these Scriptures?*
 2. *What is true of God in light of these things?*
 3. *What is true of us in light of these things?*
 4. *What are we to do in response?*
 5. *How can we engage God & one another with these things?*
- *Pray together thanking God for these things and asking the Spirit to help you apply them.*

NURTURE ONE ANOTHER'S HEARTS (30 Minutes)

- *You've each already briefly shared what you were feeling during the Emotions Check-In, now spend time elaborating on why you feel the way you do.*
- *Sympathize with one another's emotions and attune with what one another is feeling.*
- *"Rejoice with those who rejoice, weep with those who weep." -Romans 12:15*
- *Avoid trying to fix their problem, give advice, or shift the conversation to yourself.*
- *Encourage them with the truths of the gospel, and remind them that they are not alone.*
- *Don't feel pressure to write down everything that is said. The overwhelming majority of this time should be spent listening with good eye contact. Space is provided simply to record anything that would be helpful in order to provide care for the person in the coming days and weeks.*

ACT WITH ACCOUNTABILITY (10 Minutes)

- *Write out practical action steps for which you need to be held accountable.*
- *Your accountability steps may or may not be associated directly with something from today's Scriptures or from your Emotions Check-In. You can seek accountability for something that hasn't even come up during your DNA Group's meeting.*
- *Pray and ask the Holy Spirit to sanctify you and transform your mind to live faithfully.*