



The Seven Commitments

- 1 Respect the **clock**: Do your best to share within 15–20 minutes.
- 2 Challenge by **choice**: You have permission to skip a question at any time.
- 3 No **cross-talk**: Don't give advice or interrupt.
- 4 One **Counselor** (come Holy Spirit): Listen and pay attention to how the Holy Spirit might prompt you to pray.
- 5 **Comfort** with empathy: Hold space for others with open hearts. Rather than offering pity or sympathy, show up and tune in — bless, encourage, and build up.
- 6 **Community** of grace: When someone confesses sin, pardon by saying, "In the name of Jesus Christ you are forgiven." If someone shares a secret, thank them for their courage and never judge.
- 7 Strictly **confidential**: Never share another person's comments outside of the group.

What is a D.N.A. Group?

A D.N.A. Group is composed of three to five people who read together, pray together, and meet together to become the love of God for one another and the world.

How do D.N.A. Groups Meet?

You may meet in-person (face-to-face) or choose to meet over the phone, via Zoom or any other online service, or combination of various methods.

D.N.A. Groups typically meet together for one hour weekly.

What is the role of a D.N.A. Group facilitator?

Being a facilitator simply means you will be helping the group establish a place and time to meet on a regular basis. In addition, the facilitator helps the group start and end in a timely manner each week. Facilitators may meet with a Band Coach several times over the semester. The Band Coach will help you keep the group running smoothly and is there to help you with any issues that may arise. Band Coaches will contact you to see if they can assist your group during the semester.

How do I organize my D.N.A. Group Meeting?

Opening: Group prayer adapted from Ephesians 5:14 and 3:14-19

Group Questions

1. How is it with your **soul**?
2. What are your **struggles** and **successes**?
3. How might the **Spirit** and **Scriptures** be speaking in your life?

When you are ready to go deeper...

4. Do you have any **sin** that you want to confess?
5. Are there any **secrets** or hidden things you would like to share?

Closing: Group prayer adapted from Ephesians 3:20-21