

DNA REFLECTION GUIDE

(FOR ESTABLISHED GROUPS)

Reflect on the last few months of your personal life and group life, and then rate each area on a scale of 1-6.

	NO						YES
You have a high attendance, punctuality, and commitment level.	1	2	3	4	5	6	
You feel spiritually fed by being a part of the group.	1	2	3	4	5	6	
You have a high level of trust with other group members.	1	2	3	4	5	6	
You share on a deep level, not simply in vague terms. Regarding the struggles/sin in your life	1	2	3	4	5	6	
You do not avoid or hide areas of struggle/sin from the group.	1	2	3	4	5	6	
You believe you can be set free from the most significant areas of bondage in your life.	1	2	3	4	5	6	
You believe that gospel conversations can help you discover blind spots and then find freedom in areas of bondage.	1	2	3	4	5	6	
You can see transformation and growth over the past few months in areas of personal struggle/sin. Try to identify and <u>name</u> patterns of sin and then reflect on transformation or lack thereof:	1	2	3	4	5	6	
You receive challenging feedback w/out taking offense. And without withdrawing relationally	1	2	3	4	5	6	
You are honest about hurt feelings and talk through it rather than hiding or avoiding. The more we grow in this, the more we realize it's doesn't have to be a big deal.	1	2	3	4	5	6	
You are obedient to give honest feedback to others when you see self-deception, unrepentant sin, or red flags in another's life. Rather than avoiding hard conversation bc of fear.	1	2	3	4	5	6	
You are gentle, humble, and redemptive when you give challenging feedback. Rather than condemning, cold, or self-righteous.	1	2	3	4	5	6	
You don't tell long stories or veer the group off-course. Not taking over the group with long stories and unnecessary details.	1	2	3	4	5	6	
You avoid advice giving. Instead, you listen and ask questions.	1	2	3	4	5	6	
You are balanced in talking and listening in group discussions. Not taking over the group by talking too much. On the other hand, not avoiding sharing and talking to little.	1	2	3	4	5	6	
You live life together outside of group. Doing fun stuff together, helping each other in hard times, etc.	1	2	3	4	5	6	

REFLECTION DISCUSSION

Share your ratings from the flip side with other group members and see if they have any different feedback. Then answer the following questions and discuss them with your group.

(1) What is going well in your group?

(2) What areas could your group grow in? What does that look like practically?

(3) What areas are you personally going to seek to grow in? What does that look like practically?

(4) When is the last time you all did something fun together? If it's been awhile, plan something...