



DNA LAUNCH GUIDE

MULTIPLYING HEALTHY DNA GROUPS¹

FIRST MEETING

- Just hang out together and get to know each other depending on level of relationship already established. (10 - 30 min)
 - Determine the best place and time for your regular meeting. (10 - 20 min)
 - Make sure each person has access to “How To Share Your Story” guide ([click here](#)), even if you need to orally walk through it. (10 min)
 - Give the assignment of preparing a version of your story with Jesus as the Hero for your next one or two meetings, and answer any questions. (10 min)
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SECOND/THIRD MEETING

- Share your stories with Jesus as the Hero each following the “How to Share Your Story” Format (30 - 60 min)
 - After *each* story if these two questions were not answered based on the story given answer them with one another, HOW DID YOU INTERPRET WHAT HAPPENED? *What did you decide based on the event and how you felt? What did this event communicate to you about your identity, self-worth, and desirability? How did this shape the way you learned to love and be loved? WHAT COPING STRATEGIES DID YOU USE? What things would you do to cope and compensate for your negative emotions, to feel safe, accepted, good enough, valued and loved? How did this event influence your way of connecting, relating, giving and receiving love?* (15-30 min)
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FOURTH MEETING

- Walk through an [overview](#) of the Discover, Nurture, and Act process using the DNA Meeting Guide. (20 - 30min)
- Choose a short and simple part of Scripture to practice answering the 6 questions. (20 - 30min)

¹ Adapted from <https://www.fellowshipparagould.com/resources/#resources-2>