

THE DNA OF A HEALTHY GROUP

Growing as followers of Jesus

We grow as followers of Jesus by measuring concrete milestones in our lives – a growing prayer life, active engagement with Scripture, and commitment to a local congregation (in this case, North Point). A group is the ideal setting for this growth to occur.

The "DNA" of a healthy group helps measure those milestones by a process called Discover, Nurture, and Act. With Scripture and relationships as top priorities, we can open a Bible, pray for another, and hold each other accountable to obedience.

THREE CORE VALUES

DISCOVER

We Discover what God is saying in His Word and how He is calling us to change.

NURTURE

We Nurture our spiritual and emotional health together through faith, repentance, and vulnerability.

ACT

We Act on what we are learning to serve our neighbors and make disciples in everyday life.

HOW IT'S DONE

DISCOVER

At each group meeting, we study and apply Scripture as we ask God, *What are You saying?*

NURTURE

At each group meeting, we are real with each other as we ask God, *Who do You want me to be?*

ACT

At each group meeting, we share what we'll start or stop doing as we ask God, *What do You want me to do?*

Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.
– Ephesians 4:15–16

Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.
– John 15:4–5



DISCOVER

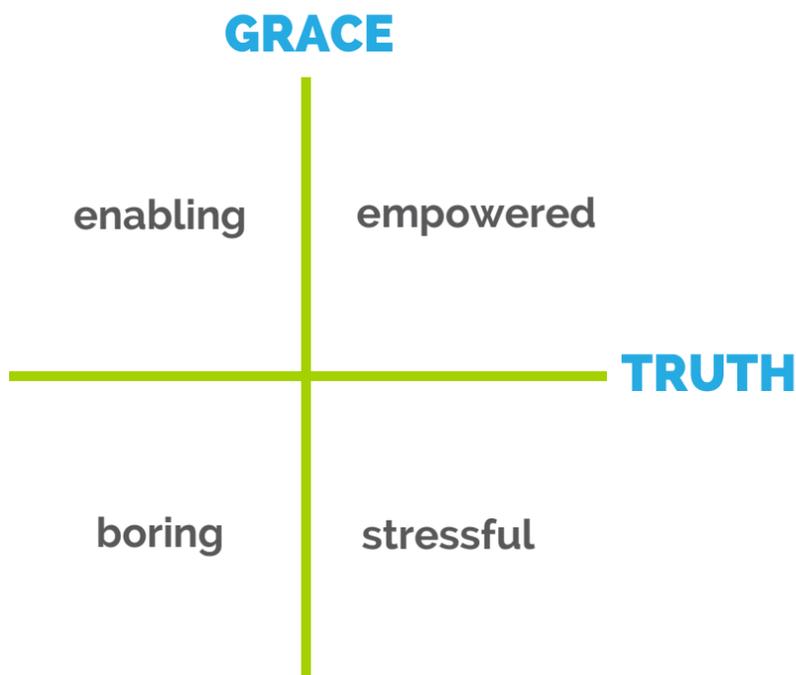
In the **Discover** part of the group meeting, Bible study and application are key—we must listen to what God is saying and help each other apply our lives to it. This is how we become more like Jesus (Eph. 4:15).

A wonderful tool for this is the **4 Questions** (taken from *Gospel Fluency* by Jeff Vanderstelt). These four crucial questions help us apply ourselves to the Bible and live out what God is calling us to do.



NURTURE

And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth. – John 1:14



Lots of grace and little truth leads to enabling relationships, where it's hard to hold each other accountable. Lots of truth and little grace leads to stressful relationships, where everyone is quick to feel defensive and slow to be vulnerable.

Like Jesus, we need relationships that are a full balance of grace *and* truth. This empowers us to be vulnerable and challenging toward each other so that we can grow as followers of Jesus. As we share and study in a group, remember to be grace and truth.

ACT

Without love, all our Bible knowledge and good intentions are just clanging gongs and crashing cymbals (1 Corinthians 13). What we **Discover** in the Word and **Nurture** in each other must lead us to **Act** in obedience—we are sent out to love our families and our neighbors for the glory of God.

What are you going to do about what God is saying?

You are the light of the world...let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.
– Matthew 5:14, 16

Go therefore and make disciples of all nations...teaching them to observe all that I have commanded you. And behold, I am with you always.
– Matthew 28:19–20