

Foundational Commands & Stories

Wk	Commandment	Story
1	John 14:27 (Don't let your heart be troubled)	Mark 4:35-41
2	Matthew 6:25 (do not worry about life)	Psalms 23
3	John 14:11 (Believe Jesus)	John 11:1-46
4	Matthew 28:18-20 (Disciple the nations)	Acts 14:1-7; 19-23
5	Matthew 16:24 (Deny self, take up cross, follow Me)	Luke 9:57-62
6	Mark 11:22 (Have faith from God)	Mark 5:25-34
7	Revelation 2:5 (Remember, repent, do)	Luke 19:1-10
8	Mark 11:25-26 (Forgive)	Matthew 18:21-35
9	Matthew 5:16 (Let your light shine)	Matthew 5:13-16
10	John 20:22 (Receive the Holy Spirit)	Acts 19:1-7
11	Matthew 7:13 (Enter by the narrow gate)	John 14:1-6
12	John 15:4 (Abide in Me)	John 15: 1-10
13	Luke 22:26 (greatest be like youngest)	Luke 18:9-14
14	Matthew 6:33 (Seek His kingdom)	Matthew 13: 44-46
15	Luke 6:27 (Love your enemy)	Acts 6:8-15; 7:54-70
16	John 15:12 or 17 (Love one another)	Acts 2: 42-47

When meditating on the commands and stories, keep these questions in mind:

- What do I learn about God, Jesus, and/or the Holy Spirit?
- What do I learn about man/ people?
- What troubles or bothers me? What does the Holy Spirit reveal to me in light of this?
- How does the command connect to the story?
- What is God saying to me (or what should I obey) & what am I going to do about it?
- Do I have any fears, doubts, or resistance in keeping this command?
- What does this command reveal about the condition of my heart – what do I really believe and what do I really want?

Guide for DNA Sessions (Discipleship - Nurture - Accountability = DNA)

Looking Back (Accountability)

What was the commandment from the previous week?

Did you obey the command as you had planned to?

What is one specific thing we can do this week to continue obey that commandment?

How has our time and relationship with the Lord been this past week?

Looking Forward (Disciple)

Have each person recite the current command. (if some don't all have it memorized take time to memorize it)

What is the context (who it is spoken to and why is it being spoken to them) of the verse and what is the command contained in the verse?

Discuss how this command challenges our current lifestyle.

Discuss how we can specifically begin to live out this command more regularly in our life.

Looking Inside (Nurture)

How have we been doing in our inner life/private world?

What are we thankful for?

How can we serve or take care of you?

How can we pray for one another this week? (**Take time to pray here**)