

GROUP GUIDELINES

Confidentiality

What is said in the group stays in the group. Be aware how you are affecting the environment: words, actions, and non-verbal communication. This needs to be a place where people feel comfortable opening up and sharing.

Fight For The Relationship

It's not 'if' conflict or hurt feelings will happen, but 'when'. We commit to fight for relationship with each other. Go to that person and share your struggle or seek wise advice if you are not sure how to handle the conflict.

WHEN SOMEONE IS SHARING

Listen

Let's value one another by listening to what is being shared. Eye contact and body posture play key roles in creating a positive or negative group environment.

No Crosstalk

Be considerate of others as they are sharing. No side conversations, checking phone, etc.

No Fixing or Rescuing

We are not here to fix each other, Jesus does that part. Avoid the tendency to rescue when someone is struggling to get the words out or shares a struggle or conviction.

Pause

Allow a pause in conversation after someone shares to give the person sharing the chance to finish and the group the opportunity to consider what was just shared before responding.

Silence

It is important to allow silence in the group as it provides an opportunity for someone to share and for members in the group to process the topic or question being considered. Most importantly, it creates opportunities to listen to our Teacher, the Holy Spirit.

WHEN YOU ARE SHARING

Use "I" Statements

It's easy to talk about the issues of other or respond with "we", "us", "the church". But for us to grow as disciples and build relationship we want to use "I" statements.

Don't Over Talk

We want to create time for all members of the group to participate in the discussion. Be careful not to always be the first responder or regularly give long responses.

Be Self-Aware

Be self-aware of how you are personally effecting the environment through your words, actions and non-verbals.