



## GROUP GUIDELINES

### **THIS IS A SAFE GROUP**

Confidentiality is key, 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.

### **NO CROSSTALK**

Be considerate of others as they are sharing. No side conversations, checking phone, responding to text or email, etc.

### **LISTEN**

Let's value one another by listening to what is being shared. Allow a pause after someone shares to allow them to finish and others to consider what was said. Eye contact and body posture play key roles in creating a positive or negative group environment.

### **NO RESCUING OR FIXING**

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.

### **USE "I" STATEMENTS**

It's easy to talk about the issues of others 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.

### **FIGHT FOR 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.

Though we call these Basic Group Guidelines, these are also essential in all relationships and environments. These should be observed whether in a 1-on-1 conversation or in a group discussion.

*(Thank you Real Life Ministries for these guidelines.)*

