

GROUP GUIDELINES

TO CREATE A SAFE AND PREDICTABLE GROUP ENVIRONMENT, EVERYONE NEEDS TO COMMIT TO IMPLEMENTING THE GUIDELINES BELOW.

1. SHOW UP, JOIN IN, BE REAL.

Show up. Stay committed to showing up to the group and doing the work in between, even when it's hard.

Join in. It's important that everyone participates as a listener and as a speaker.

Be Real. You can't have an authentic community without authenticity. The more authentic you are, the more authentic the group becomes.

2. PROVIDE CONFIDENTIALITY.

For authenticity to occur, members must be able to trust that issues discussed within the group will not be shared outside the group. What is said in the group stays in the group.

3. LISTEN WELL.

Everyone has a desire to be heard and known. Let's value one another by listening to what is being shared. Avoid thinking about how you will respond or what you'll say next. Keep an open mind and exercise patience. Don't interrupt or impose solutions by fixing, rescuing, or problem-solving each time someone shares; this will cause them to stop sharing. Instead, show empathy by saying:

"That sounds hard/ sad/ hurtful..." or "How can we best support you?" or "Do you want us to listen or would you like advice?"

4. EXERCISE SELF-AWARENESS.

Be aware of how you personally affect the group environment through your words, actions, and nonverbal communication. Be sensitive about the way you participate in the group and find the balance between sharing and listening. Are you the person who should speak less and listen more? Or are you the person that needs to speak up more because your voice is valued?

5. RESOLVE CONFLICT.

When conflict arises, we're to honor God and one another in how we deal with it. If you are offended or uncomfortable, share what you are feeling and experiencing directly with the group member or leader, but not others. If the situation were reversed, think through how you would want someone to resolve the conflict. If you need coaching, contact the Groups staff at North Point Community Church at groups@northpoint.org.

