

Group Guidelines

Start and End with Grace

We are sustained through grace, and we want to first respond with grace to each other.

Be Prepared

To get the most out of our time together, make sure you do any work at home before coming to the group.

Speak for Yourself

We encourage you to share and use "I" statements. We are only experts on ourselves. For example: Instead of saying, "Everyone is busy," say, "I am busy." Instead of saying, "We all struggle with forgiving," say "I struggle with forgiving."

Respect Others

Be brief in your sharing, remaining mindful that there are time limitations and others may want to share.

No Fixing, Saving, No Setting Other People Straight

Respect people's journeys and trust the Holy Spirit inside of them to lead them into all truth — in his timing. Resist the temptation to offer quick advice as people share in the group.

Turn to Wonder

If you feel judgmental or defensive when someone else is sharing, ask yourself: *I wonder what brought them to this belief? I wonder*

what they are feeling right now? I wonder what my reaction teaches me about myself?

Trust and Learn from Silence

It is okay to have silence between responses as the group shares, giving members the opportunity to reflect. Remember, there is no pressure to share.

Observe Confidentiality

In order to create an environment that is safe for open and honest participation, anything someone shares within the group not be repeated outside of the group. However, feel free to share your own story and personal growth.

Punctuality

Resolve to arrive on time.