



## DISCIPLESHIP GROUP GUIDELINES

- **Safe Group:** We strive for an environment where everyone can be open, and honest about his or her struggles and victories.
- **Confidentiality:** What is said in the group stays in the group.
- **Listen:** We want to value one another by really listening to what is being shared. Try to avoid thinking about how you are going to respond while someone is sharing.
- **Pause:** Allowing a pause in the conversation after one person shares and before the next person shares gives the person sharing a chance to finish. A pause also gives the group an opportunity to consider before responding.
- **Silence:** It is important to allow silence in the group as it provides an opportunity for people to think deeply, to gather their thoughts in order to share, and to genuinely consider what others have shared.
- **One Conversation at a Time:** Be considerate of others as they are sharing. No side conversations.
- **No Fixing:** We are not here to fix each other; Jesus does that part. Give encouragement and ask questions, but try not to solve or fix one another.
- **No Rescuing:** When people are sharing something deeply personal, please resist the tendency to try to make them feel better about themselves or their situation by providing immediate condolences. This will often cause people to stop sharing.
- **Be Curious:** By asking the next question, we communicate genuine interest. We keep the conversation moving forward while building relationships and intimacy.
- **Be Self-Aware:** Be mindful of how you are personally affecting the small group environment through your words, actions, and non-verbal communication. Be sensitive about the amount of time you share, whether too much (dominating) or not enough (hiding).
- **Use "I" Statements:** It is very easy to talk about other people's issues, but, for our purposes, we want to put ourselves on the table. Use "I" statements rather than "them", "the church", "people", "you", "us", "we", etc.
- **Resolve Conflict Biblically:** As a group we commit to extend grace to one another. Conflict is not bad, it's an opportunity for growth. We are all being transformed to be more like Jesus. Conflict and change are a part of that journey. (Matthew 18)
- **Manage Technology:** Let's respect one another by silencing alerts on our devices.

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