

Life GROUPS

DISCUSSION GUIDELINES FOR THE GROUP

COME PREPARED

To get the most out of our time together, attend or watch the sermon we will be covering. Complete any additional reading assignment prior to our meeting. Also bring your Bible with you to each meeting.

CREATE SAFETY AND MAINTAIN CONFIDENTIALITY

Sharing is optional, not required. Devote your full attention to each person who speaks. Be sensitive, kind, and generous to one another with your comments.

Honor one another by maintaining confidentiality. Anything shared within the group should not be repeated outside the group.

SPEAK FOR YOURSELF

Use “I” statements and take responsibility for your thoughts and emotions rather than attributing them to someone else.

REFRAIN FROM DOMINATING DISCUSSIONS

Be brief in your sharing so that everyone has an opportunity to speak.

TURN TO WONDER

If you feel judgmental or defensive when someone else is sharing, turn those feelings to wonder instead. Ask yourself:

I wonder what brought her to this belief.

I wonder what he is feeling right now.

I wonder what my reaction teaches me about myself.

WELCOME SILENCE

Attentive listening includes silence. If that happens, refrain from rushing in with comments. Use any silence as an opportunity to continue listening—to what was just said, to your own heart, and to the Holy Spirit.

JUST SAY NO TO FIXING, SAVING, AND SETTING OTHER PEOPLE STRAIGHT

Respect each person's story and journey and trust that the Holy Spirit prompts and leads each person differently and at a different pace. Our role is to listen, support, encourage, and offer accountability—not to fix, rescue, or correct. Instead, point people towards THE Rescuer, Corrector and Savior. This applies at all times—within the meeting and beyond the meeting.