

### **SAFE GROUP**

This is a safe group. We will all do our part to create an environment where everyone can be real, open & honest with their struggles and victories.

### **CONFIDENTIALITY**

Confidentiality is key. What is said in the group stays in the group.

### **LISTEN**

Be sure to listen well. Let's value one another during our discussions by really listening to what is being shared.

Try to avoid thinking about how you're going to respond or what you're going to say next.

### **PAUSE**

Allow a pause in conversation after someone shares to give the personal sharing the chance to finish and the group the opportunity to consider what was just shared before responding.

### **SILENCE**

Allow silence in the group. It is important to allow silence in the group as it provides an opportunity for someone to share and for members in the group to process the topic or question being considered.

### **NO 'CROSSTALK'**

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, speak truth, and point to Jesus. Don't try to solve or fix each other.

### **NO RESCUING**

When people are sharing something deeply personal there can be a tendency to try and make them feel better about themselves or the situation by providing immediate condolences. This will often cause them to stop sharing. Resist the temptation to rescue people.

### **BE SELF-AWARE**

Be self-aware of how you are personally affecting the environment through your words, actions and non-verbal communication.

### **"I" STATEMENTS**

Use "I" statements. It's easy to talk about the issues of others, but we want to share with each other. Try to use "I" statements rather than "them", "they", "we", "us", "the church", etc.

### **SHARING**

We want everyone to have a chance to share. Be sensitive about the amount of time you share.

### **CONFLICT RESOLUTION**

We will commit to resolve conflict biblically. When conflict or sin issues between group members arise, we want to make sure that we are honoring God and each other in the way we deal with these issues. The following are a few key Scripture references regarding conflict resolution (*there are many others*).

- Someone has sinned against you  
(*Matthew 18:15-20*)
- Restoring someone who is in sin  
(*Galatians 6:1-5*)
- Forgiving a sinner  
(*Colossians 3:12-13*)
- Reconciling differences  
(*Matthew 5:23-24; Matthew 7:1-5*)