

# GROW



## GROU P S

### GUIDELINES

**CONFIDENTIALITY:** Keeping things that are shared in the group confidential builds trust and shows value to the person. What is said in group stays in group.

**LISTEN:** Let's value one another during the discussions by really listening to what is being shared. Try to avoid thinking about how you are going to respond or what you are going to say next.

**PAUSE:** Allowing a pause in conversation after someone shares gives the person sharing a chance to finish and the group the opportunity to consider what was just shared before responding.

**SILENCE:** Allowing silence in the group provides an opportunity for someone to share and for members in the group to process the topic or question being considered.

**CROSS TALK:** Be considerate of others as they are sharing – no cross talking/side conversations.

**RESCUING:** Resist the temptation to rescue people. 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.

**FIXING:** Try to hear what people are sharing without trying to fix them. If they want advice, they will ask for it. You may want to take time later to ask if you may offer some advice.

**SHARING:** Be sensitive to the amount of time you share. If someone is sharing and makes a point that really connects with you, resist telling a story that makes the same point.

**SELF-AWARE:** Be self-aware of how you are personally affecting the environment through your action, words, and non-verbal communication.

**"I" STATEMENTS:** During small group, we want to hear your personal thoughts and perspectives. Using "I" statements to answer discussion questions allows you to speak for yourself rather than generalizing by using terms such as "you", "they", "them", "the church", "us" or "we".

**PERSPECTIVE:** During our discussions, you will be hearing from a variety of topics with a variety of perspectives. We want to encourage you to be aware that the topic is what is on the table, not your opinion. If someone gives a different perspective than your own, that's ok. Don't try to convince them of your perspective. Be aware of what is going on inside of you if someone shares a different perspective than your own on any given topic.

**PERSONAL APPLICATION:** It's important that we all use this time to consider where we are on any given subject or issue and what God would have us to do. How am I walking this out in my personal life? What changes does God want me to make?

**FIGHT FOR RELATIONSHIP:** Relationship reaches a whole new level when conflict is resolved in a healthy manner. When conflict or sin arise between group members, commit to fight for the relationship and discuss the struggle with the person you are in conflict with or seek wise counsel.