

## 8 Small Group Ground Rules

- (1) **DON'T FIX:** Try to hear what people are sharing without trying to fix them. If anyone wants advice, they'll ask for it.
- (2) **LISTEN:** Let's value one another during the discussions by really listening to what is being shared. Don't think about what you're going to say next or how you're going to respond. Really listen.
- (3) **PAUSE:** After someone shares, give a pause to allow the group to feel the weight of what was just shared and to fully consider it before the next person shares. This also provides the person sharing with the opportunity to continue with their thought without feeling rushed.
- (4) **NO "CROSS TALK":** Be considerate of others as they are sharing. No side conversations. This includes cell-phones and cell phone activity (barring emergencies.)
- (5) **DON'T RESCUE:** When people are sharing something deeply personal and/or painful, there can be a tendency to try to make them feel better about themselves or the situation. Resist the temptation to rescue people.
- (6) **USE "I" STATEMENTS:** It's easy to talk about the issues of others, but for our purposes, we want you to put yourself on the table. Try to use "I" statements rather than "them", "the church", "us", "we", etc.
- (7) **BE SELF-AWARE:** Be aware of how you are personally effecting the environment – your words, how often you share versus listening, your actions, and non-verbal communication.
- (8) **PERSONAL APPLICATION:** It's important that we all use this time to consider where we stand on any given subject or issue. How am I walking this out in my personal life? How does this affect my ability to lead others? What is my part of the issue and/or solution? What positive change does God want me to make?