

# Group Rules & Guidelines

**Purpose:** To create a safe, supportive, and Spirit-led environment for all participants.

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## 1. Confidentiality

- What is shared in the group stays in the group.
  - Respect the privacy of others; do not share stories, struggles, or personal information outside the group without permission.
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## 2. Respectful Communication

- Listen without interrupting.
  - Speak kindly and avoid judgment or criticism.
  - Allow everyone to have a voice; don't dominate discussion.
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## 3. Participation & Engagement

- Be present and participate actively.
  - Complete daily and weekly activities as able.
  - Share your thoughts, reflections, and insights honestly, but only as you feel comfortable.
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## 4. Spiritual Sensitivity

- Honor differences in spiritual experiences or expressions.
  - Encourage one another with Scripture and prayer.
  - Avoid debating personal beliefs; focus on shared growth and understanding.
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## 5. Safe Environment

- Be aware of emotional triggers; respect personal boundaries.
- If a topic is too sensitive, it's okay to step out or take a break.
- Leaders are available for guidance and prayer support if needed.

## **6. Accountability**

- Commit to attending regularly and tracking personal progress.
  - Partner with an accountability buddy if desired for encouragement and prayer.
  - Share victories and struggles responsibly, supporting one another in obedience to God.
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## **7. Group Norms for Discussion**

- Use “I” statements: speak about your own experience, not others’.
  - Avoid giving unsolicited advice; offer encouragement instead.
  - Keep discussions solution-focused and Spirit-centered.
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## **8. Prayer & Confidential Support**

- Respect each participant’s level of comfort with prayer.
  - Offer prayer when asked, but never force prayer participation.
  - Leaders may provide one-on-one support for sensitive topics.
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## **9. Commitment to Growth**

- Approach the workbook and group with a teachable heart.
- Celebrate progress, even small steps, as victories in God’s Kingdom.
- Remember: transformation is a journey; encourage patience and consistency.