

# Small Group Ground Rules

**Be vulnerable.** We desire to know and be known in ways that heal and help all of us: “having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another” (Ephesians 4:25).

**Don’t share someone else’s junk, including your spouse’s.**



**Work to find peace in biblical ways when you don’t agree.**

**Avoid being judgmental, defensive, or critical.** Aim for “unity of mind, sympathy, brotherly love, a tender heart, and a humble mind” (1 Peter 3:8).



**Love your neighbor as yourself.**

**What happens in our group stays in our group.** Trustworthiness makes vulnerability possible.

Remember why this group matters to you. **Be prepared, and attend regularly.**



**Speak for yourself, using “I” statements, rather than for others (“we” or “they”).**

**Take turns speaking and listening, allowing for pauses and silence and avoiding interruption.** “Let every person be quick to hear, slow to speak, slow to anger” (James 1:19). Avoid side conversations when someone’s talking.

**Show up and end on time.**

