

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).

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



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

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

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

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

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).

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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.



Love your neighbor as yourself.

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Show up and end on time.

