

LIFE GROUPS

WHY WE USE LIFE GROUP GUIDELINES

- Give boundaries for us to operate within
- Help with the flow and pace of our discussions
- Help us to value one another
- Help us to be more comfortable sharing deep and meaningful things
- Helps us navigate hard conversations

A Life Group needs to be a place where people feel comfortable opening up and sharing with one another. Our guidelines simply help set the rails for a meaningful conversation that values everyone relationally. Below are our Life Group Guidelines that will help create a safe environment where this can take place.

1. **USE CONFIDENTIALITY:** Keep things that are shared in the Life Group confidential to build trust and show value to the person. What is said in the Life Group stays in the Life Group.
2. **AVOID CROSS TALK:** Be considerate of others as they are sharing – no cross talking/side conversations.
3. **AVOID FIXING & RESCUING:** Try to hear what people are sharing without trying to fix them. If they want your advice, they can ask for it. You may want to take time later to ask if you may offer some advice. If they say yes, you've been given permission to speak into it. With regards to rescuing, avoid statements like, "oh we all struggle with that" or "that happens to everyone". Fixing and rescuing quickly reminds people that they've moved from their head to their heart and when they feel exposed, they stop sharing.
4. **USE "I" STATEMENTS:** During Life 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".
5. **CONTRIBUTE OVER CONSUME:** Approach Life Group with an attitude of contributing to the discussion over merely consuming information from others. Your voice matters and your presence is valued.
6. **BE MINDFUL OF SELF:** Know how you affect the dynamic of group. Allow others in the Life Group to share and be mindful to always use humor responsibly.