

rewired heart

Group Guidelines

In order to help create a healthy, safe environment during our time together, please observe these guidelines:

1. **Confidentiality.** Keep what is said in the group inside the group. If this study is being held via an online platform, make sure you are in a room by yourself where others cannot overhear the conversation.
2. **Transparency.** We encourage everyone to be real, honest, and open. Sharing our hearts, fears, and struggles is often a huge step in our healing. It will take time to feel safe. This may take longer for some than others.
3. **Be committed** to the group. Trust and growth happens more easily when everyone is committed to attending each week, showing up on time, completing the week's questions, and participating in the group discussion.
4. **Listen well.** Make a point of hearing the heart of the person speaking, not just their words. Listen to understand, not just respond. Resist the tendency to be thinking about what you're going to say next.
5. **Be polite.** Do not interrupt. Respect others' opinions and boundaries. We don't have to agree on every topic in order to be respectful. Do not monopolize the conversation. Let everyone have an opportunity to contribute.
6. **No "fixing" or advice giving.** Our job is not to "fix" anyone. Feel free to share your experiences and what God has been teaching you or has taught you in the past. However, allow the Holy Spirit to show others what to apply to their individual situations.

