

DISCIPLESHIP GROUP GROUND RULES¹

- **THIS IS A SAFE GROUP**

- What is said in the group stays in the group.
- Commit to self-awareness. Be aware how you are affecting the environment: words, actions, and non-verbal communication.
- Be open to feedback from the group leader or members of the group about how you may be affecting others.

- **NO CROSSTALK**

- Be considerate of others as they are sharing. No side conversations, checking phone, responding to text or email, etc.

- **LISTEN**

- Value one another by listening to what is being shared.
- Allow a pause after someone shares to allow them to finish and others to consider what was said.
- Eye contact and body posture play key roles in creating a positive or negative group environment.

- **NO RESCUING OR FIXING**

- We are not here to fix each other, God does that part.
- Avoid the tendency to rescue when someone is struggling to get the words out or shares a struggle or conviction.

- **USE "I" STATEMENTS**

- It's easy to talk about the problems of others or respond with "we", "us", or "the church." Instead use "I" statements only, it helps each group member take ownership of their actions.

- **DON'T OVER-TALK**

- Don't talk too much! Be careful not to always be the first responder or regularly give long responses. Some may not be comfortable with silence. Consider this a discipline to be learned over the course of this group. A good disciple maker is a good listener. Don't hide your thoughts or experiences. Sharing leads to growth.

- **FIGHT FOR RELATIONSHIP**

- It's not 'if' conflict or hurt feelings will happen, but 'when'.
- We commit to fight for relationship with each other.
- Go to that person and calmly share your thoughts / feelings or seek wise advice if you are not sure how to handle the conflict.

¹ Thank you to Jim Putman for his mentoring in the cause of disciple-making. These ground rules are adapted from Real Life Ministries small group ground rules.