

7 Guidelines For Small Group Discussions

Creating safe environments where relationships can grow

Implement these guidelines and watch the relationships
and transparency of your group grow deeper



01 SAFE PLACE

We will strive to create an environment where we can be real, open, and honest about our lives. Confidentiality is key - what is said in the group stays in the group. Be aware of how you are affecting the environment with your words, actions, and nonverbal communication. This needs to be an environment where people feel comfortable opening up and sharing.



02 NO CROSSTALK

Be considerate of others as they are sharing. No side conversations, checking phones, responding to texts or emails, etc. Give the speaker your undivided attention, and acknowledge the message. Recognize that non-verbal communication also "speaks" loudly.

03 LISTEN

Let's 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.



04 NO RESCUING OR FIXING

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



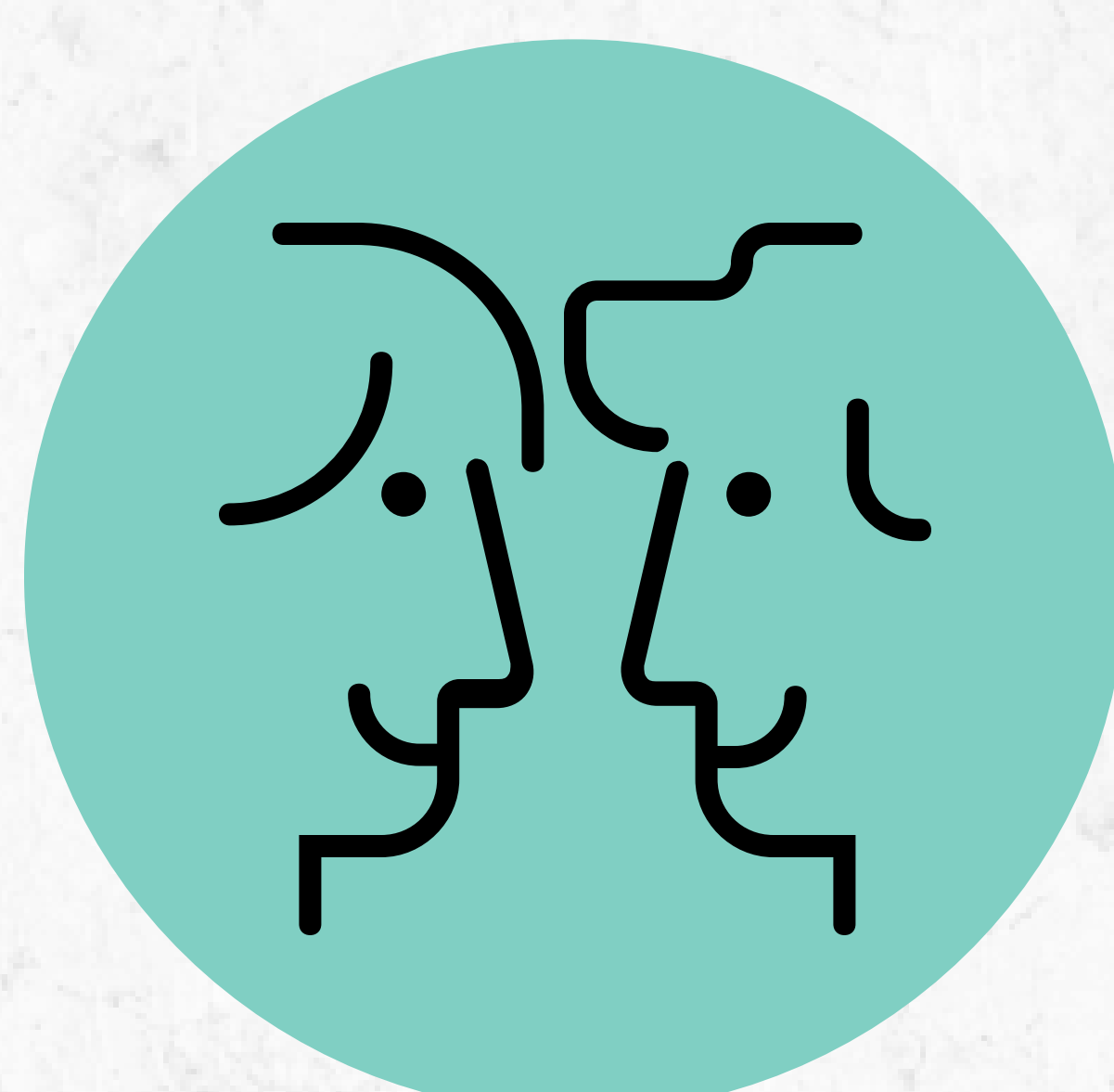
05 USE 'I' STATEMENTS

It's easy to talk about the issues of others or respond with "we", "us", "the church". But for us to grow as disciples and build relationship we need to use "I" statements.

06 DON'T OVERTALK

We want to create time for all members of the group to participate in the discussion. Be careful not to always be the first responder or regularly give long responses.

07 FIGHT FOR RELATIONSHIP



When, not if, conflict or hurt feelings happen in the group, we commit to working hard to keep good relationship with each other.

If you have conflict with someone in the group, go to that person and share your struggle, or seek wise advice if you are not sure how to handle the situation.



WITH SMALL GROUP GUIDELINES YOU CAN..

- Establish boundaries for people to operate within.
- Help with the flow and pace of the discussions.
- Help people value one another.
- Help people feel more comfortable sharing deep and meaningful things.



For more resources on discipleship go to:
realliferesources.org