

KEYS TO FREEDOM

Group Expectations¹

The below principles help to provide a safe and nurturing environment for groups going through the *Keys to Freedom* study. We encourage you, as a participant, to regularly review and commit to these expectations throughout your time in the study.

What this group is and is NOT:

This is not a mental health support group or self-help group. This is a gathering of people who want to go deeper in their faith and be equipped with biblical keys to freedom. This is not a place where you will find professional help, and your leader is most likely not a licensed counselor or psychologist. Therefore, you should not expect that your own personal issues will be discussed extensively during group meetings. Your group leader will make referrals and recommendations if something a group member is dealing with requires professional help.

Group Values

Involvement

We want every person to feel like an important member of the group. We will, therefore, avoid turning discussion time into a one-on-one dialogue that everyone else just observes. Group leaders will encourage participants who tend to monopolize the group time to allow other group members the opportunity to share. Honest questions are encouraged, but leaders may not always be able to address them during the group time. If this happens, the leader will be sure to address the question outside of the group meeting.

Honesty

Sharing with honesty and authenticity demonstrates our genuine desire to grow and find freedom in Christ. However, we will also be sure not to “romanticize” sin. It is very tempting in a group setting to compare, and even take pride in, our struggles. We will maintain a healthy balance between sharing honestly while not celebrating or glorifying our sin and/or struggles.

¹ To copy and distribute to group members

Confidentiality and Trust²

It is important that everyone in this group make a strong commitment to one another that nothing shared inside of the group time will be discussed outside the group. The exception to this rule would be if you are threatening to harm yourself or others. In this case, the group leader will be legally required to report this information to an outside source.

Respect

Respect one another. Disrespect will not be allowed. People can and will disagree about ideas and opinions, but you must not attack the worth of another individual. All of us must listen to one another as we seek to understand and grow alongside one another. We must not negatively accuse one another, no matter how unusual opinions that are shared may be.

Commitment and Participation

It is expected that all group members will complete the week's homework before coming to class, and commit to attend all group meetings, unless there is a conflict that cannot be avoided. It is also expected that all group members will be involved in group meetings by thinking, feeling, and making decisions about what is being discussed, whether or not you actually share verbally.

2 To copy and distribute to group members