

# KEYS TO FREEDOM

## *Group Expectations*

The following principles help to provide a safe and nurturing environment for groups going through the *Keys to Freedom* study. As a participant it will be beneficial to regularly review and commit to these expectations throughout your time in the study.

### **What this group is and is NOT:**

This group is intended for individuals who are ready to navigate their lives into a greater place of freedom, wholeness, and understanding using Biblical principles of transformation. This is not a mental health support group or self-help group. This is not a place where you will find professional help, and your Group Leader is likely not a licensed counselor or psychologist. Therefore, you should not expect that your personal issues will be discussed extensively during group meetings. Your Group Leader will make referrals and recommendations if a group member needs further help or support.

## **Group Values**

### **Involvement**

We want every participant to feel like a valued member of the group and we want to avoid turning discussion time into a one-on-one dialogue that everyone else just observes. The Group Leader will encourage participants who tend to monopolize the group time to allow other group members the opportunity to share. Honest questions from participants are encouraged, but the Group Leader may not always be able to address them during the group time. If this happens, the Group Leader will 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 without hiding behind masks. However, we want to establish a culture where sharing is done with wisdom so that there is not a sense of people “competing,” or even taking pride in their struggles. We will maintain a healthy balance between sharing honestly while not celebrating or glorifying our past behaviors and/or current struggles.

## **Confidentiality and Trust**

It is important that everyone in this group make a strong commitment to one another to not discuss anything shared inside of the group time when outside the group. The exception to this rule is if you are threatening to harm yourself or others or if you disclose that you know of a minor being abused. In this case, the Group Leader is legally required to report this information to an outside source.

## **Respect**

Fostering respect in this group is a key ingredient to this group’s success. Disrespect will not be allowed. People can and will disagree about ideas and opinions, but you must not attack the worth of another participant or their viewpoint. 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 the group meeting and commit to attend meetings. 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 share verbally.