

## Rules of Engagement for Groups

**SAFE SPACE** | In order to establish an atmosphere of safety, everyone has the right to “pass” at any point. If they choose to do so, the group should not push them. It is wrong to force someone to talk about something that they do not feel ready to share. We can gently encourage someone to participate AND we can model vulnerability by how we contribute. Additionally, confidentiality – what is said in group stays in group.

**SHOW UP** | You are likely going to have to fight the urge to abandon the whole thing. Something may come up inside of you that does not want to take the risk to share. Shadows of fight or flight. Or maybe you will find yourself suddenly too tired to focus and engage. Or maybe you feel like what you shared was too much or too little and the other people think you \_\_\_\_\_. The most vital part of building relationships with others is consistently showing up.

**MOSTLY LISTEN** | We are in this to learn to follow Jesus better. We can learn from others when we listen. Yes, we want everyone to share, discuss, contribute, and even challenge, but let’s seek to listen first. \*This principle is pretty universal and will pay dividends in most areas of life.

**NO FIXING** | This group is intended to provide an environment where we do not seek to “fix” each other. We all need the freedom to say what is on our mind and heart without the fear that others will want to placate, advise, or offer insight into what we should do. Everyone needs to agree to listen and not fix. There is a fine line between challenging/ encouragement and unsolicited advice. If you feel led to help, speak with that person privately – consider scheduling time to meet for coffee – and enter into the conversation as a learner and in a loving manner.

**STAY PRESENT** | We are in this to learn from and connect with one another. Therefore, we must all agree to engage one another from a place of curiosity rather than assumption. Additionally, it is important to stay engaged with the one talking rather than allow yourself to daydream or anticipate what you will say next. Listen. Stay.

**SUSPEND JUDGMENT** | As this group gets going, you will likely encounter a variety of thoughts, lifestyles, opinions, and preferences that are different from your own. This is not a place to correct, corral others or get them to agree with you. It is, however, a place for you to consider other perspectives, other stories, and other ways of thinking. If you disagree with someone else’s thoughts or choices, this is not the place to voice your concerns. [Group leaders will ensure the discussion is on-track and theology is aligned with Foundations Church]

**TIME IS CRUCIAL** | Time is one of our most valuable assets. It is vitally important to respect one another’s time. This means showing up on time and ending on time. This also includes not dominating the conversation and contributing succinctly. We all need to participate and be heard. If you would like to dig deeper, continue discussions or get to know someone better... schedule a time to meet for breakfast, coffee, lunch, a hike, etc.