



Small Group Expectations

Faith Based: Everything we do will be through the guidance of the Bible, The Word of God. We will in every group pray, read scripture, and encourage you to connect with a local church.

Sobriety: On this journey and in your steps to recovery please make a commitment to sobriety. We ask that you not attend groups while under the influence. If you are struggling with this, please reach out to the facilitator in advance and they can help you with resources for extended care and support.

Confidentiality: What is said in the group stays in the group unless it is determined that a person is in danger of hurting themselves or someone else. Nothing said in the group should be discussed outside the group without the permission of those involved. If you are in an online group, make sure that you are in a room by yourself so that no one else can hear or see the other participants in the group.

Comfort level: Please speak/share within your own comfort level. We value your input, but please do not feel pressured to speak/share.

Respect: We do not advise, analyze or “fix” others. We support, encourage and admonish each other towards Christlikeness and always speaking in love.

No Convincing: Share your opinions – a difference in opinion is welcome. However, please don’t try to convince others to your way of thinking.

Focus on Yourself: It’s easy to talk about the issues of others, but for our purposes, we want you to put yourself on the table. Try to use “I” statements rather than “them”, “the church”, “us”, “we”, etc.

Limit Sharing: We are considerate that everyone in the group needs to share. We will be sensitive to limit our discussion to avoid dominating group discussion times.

Regular Attendance: We will make a commitment to our group to attend regularly, to be on time and end on time.

Listen: When someone is talking, they have the floor. Everyone else will actively listen.

Be prepared: We will come ready to fully participate in our group.

Silence: Please silence all electronic devices for the duration of the meeting.

Conflict Resolution: We will guard against offending one another. If someone offends us, we will work it out directly with them. Whenever relationships are involved, there will be conflict. We will handle the conflict biblically according to the guidelines of Matthew 18.

Not a substitute: This group is in no way a substitute for medical or psychological care. We never advise anyone to stop taking medications or cancel their doctor's care. We never recommend alternative substances or meditations (this is not a typo- we only meditate on the Word of God).

Revised 6/2/25