

Guidelines

for Breakthroughs Small Groups

1. Maintain Confidentiality

Breakthroughs small group is intended to be a place to share our thoughts and feelings about what God is doing in our lives and our personal journey to freedom. What we share in our group needs to stay in our group so that everyone feels safe to share.

2. Listen Intently.

Breakthroughs small groups are not designed to solve individual's personal problems. Please do not offer advice of any kind or attempt to resolve a situation in someone's life. Simply listen and pray for the person who is sharing.

3. Don't interrupt.

When someone is talking, please refrain from interrupting, making distracting comments, or speaking to another individual while they are sharing. Save any comments or questions until after small group is dismissed.

4. Keep a personal focus and share the time.

We are here to share about our own feelings and experiences, not about other's. Try to start sentences with "I" or "me" statements, not "you" or "we" statements.

Be mindful of the time and give everyone an opportunity to share. Stay within a 5-minute time frame when you share so that everyone has a turn.

5. Respect Boundaries

We all come from different backgrounds and we should communicate in ways that are respectful. Avoid using graphic descriptions or explicit language when sharing.

6. Please avoid piggybacking

Please do not offer indirect advice such as following someone's comments by mentioning a similar situation and describing how you handled it.