



Small Group Guidelines

1. We will be using the Bible often in this small group. It will be our authority on all things. Be respectful of different opinions or beliefs with a spirit of gentleness and kindness.
2. Come prepared having completed the weekly readings and questions. Be committed to learning and growing.
3. Be willing to participate in the discussion. But also remember to allow everyone to be able to speak, don't dominate conversations.
4. Be sensitive and loving to others in the groups. We want this to be a safe place to come and share our lives and our struggles. We ask that you be honoring to your family and friends by keeping confidentiality.
5. Be committed to finishing the program. Don't give up when things get hard. Pray that the Holy Spirit would incline your heart to persevere.
6. Some nutrition questions can be answered in the context of the group, but if it is more applicable to you as an individual, I may ask you to email me questions outside of group and if necessary, schedule an appointment.
7. Remember we are all different. Sometimes it can be helpful to share what is working for you to help others, but avoid thinking that your way is the only way or the best way.
8. Be on time in logging into the group. Please let me know if for some reason you will be late or will miss a session.