

***Spirited Sisters***  
Group Guidelines

Let us be mindful of a commitment to love God and others throughout our gatherings.

**LOVE GOD:**

**HEART**

We provide the time and space to safely check in and share with each other at a heart level. We will respect this depth of sharing by creating a safe place for listening well and sharing appropriately.

**SOUL**

We will pray on behalf of the group at each gathering and ask God to meet our needs.

**MIND**

We will engage in biblical teaching through reading books, scripture, and engaging in discussion.

**STRENGTH**

We strive to incorporate what we learn each week into practice in our lives. We seek to deepen our individual and group faith. Speaking with loving wisdom and compassion, we support each other, growing together in faith.

**LOVE OTHERS:**

We commit to honoring one another's time by beginning and ending on time.

We commit to authentic and focused listening.

We commit to balancing grace with truth.

We commit to sharing on a personal level.

We commit to honor one another's words, thoughts, feelings and experiences by offering prayerful and thoughtful responses, made without judgment or quick fixes.

We commit to sharing relevantly and avoiding gossip.

We commit to keeping confidential everything shared in this group, ensuring that what is shared within our group will not be shared outside of our group.

We commit to praying for each other.

Adapted from Bill Hybels' book *Prayer Together*, Appendix C.