

*L.I.F.E. Group Covenant*

To encourage a high level of trust, love, accountability and openness in my *L.I.F.E.* group, in order to experience wholeness, healing, purity and freedom in Christ, I covenant with my group s other members to do the following:

I will make attendance at each group session *a priority*. During this time, I will choose the group first when making decisions about my priorities and time. I will arrive on time, knowing the meeting begins at \_\_\_\_\_. If I cannot attend, I will call my Group Leadership beforehand to notify them. This helps to hold me accountable in my attendance.

I will commit my time each week to complete the appropriate unit of study in the *L.I.F.E. Guide* *before* the group session. I will confirm with my group leader that I have done the homework. This helps to hold me accountable to my homework.

I will keep confidential all personal information group members share. I will not share matters from the group with any outside person or mention the information as a prayer concern. I understand that **what** I see and what I hear in this place **stay** here when I leave. I understand that breaking confidentiality could result in my being asked to leave the group. I may share with my spouse only those things I have learned about myself by being in the group environment.

I will commit to the following:

- To honesty, openness, a willingness to listen, and readiness to implementing new behaviors.
- To reaching out and openly sharing my challenges instead of isolating.
- When I share, I will not be graphic or state names or places that were involved in my sinful behavior.
- To submit to the group to lovingly confront me when I am in denial or sin or am acting co-dependently in my marriage or other relationships.
- To support other group members in their desire to grow emotionally and spiritually.
- To be honest in my actions, thoughts, and emotions as I participate in the group.
- To be patient with other group members as we allow God to work in each of our lives.
- To not give advice or pressure other group members to do what I think is best.
- To inform my group leader of any physical or emotional problems that might arise through my participation in the group.
- To spend time with the Lord. This is time for me to hear from God and to get to know Him. This is time in prayer for me, and my loved ones.
- To journal faithfully as feelings and memories surface, for God has no time-line as He allows me to feel the emotions I have  stuffed.  I know that whatever emotions come, God wants me to feel them. I give myself the grace to feel whatever comes.
- To surrender the changes that come to God, knowing that He will work this for my good. I also agree to surrender my marriage (all relationships) and my coping mechanisms to allow Him to make these necessary changes. I understand I will need to do this daily.

I will seek to honor and observe the group rules.

**This group is safe, therefore:**

1. We can be honest.
2. We can be angry (even at God).
3. We can have conflict.
4. We can be sad, lonely or frightened.
5. We will not put ourselves or others down.
6. We will make no self-righteous statements.
7. We will not blame others; we will take responsibility for our own actions.
8. We will only give feedback when asked.
9. We will practice confidentiality.
10. Group time will be divided among those who ask for time to share.
11. We will strive to affirm ourselves and others.
12. We will pray for God s presence and guidance in all of our discussion.

I understand that **L.I.F.E. Ministries** must report or cause a report to be made and cannot keep silent on the grounds of confidentiality or privileged communication in the following areas:

1. When a disclosure indicates a group participant may cause harm to self.
2. When a disclosure indicates that a group participant may pose a danger to others.
3. Child abuse, Spouse abuse or Elder abuse.

I have read the above and agree to the articles of this **Covenant** for the L.I.F.E. Support Group.

Signed: \_\_\_\_\_  
01/15/05

Date: \_\_\_\_\_