ways to maximize your

healing and recovery

experience

Participate!

- Engage the group process.
- Share your thoughts and insights.
- Be honest: no “masks” please.
- Be a good, responsive listener.
- Honor and respect your group members.

Use Only “I Statements”

- Don’t preach.
- Avoid “you should” statements.
- We are concerned with “the log in our own eye, not the splinter in the eye of another.”
- Share your story with a sensitivity to others.
- Remember: We’re here to heal!

We are a Healing and Recovery Group

- We are not a support group, self-help group or Bible Study group.
- Our focus is obedience to what the Holy Spirit speaks to us as He reveals truth about us, our relationship with God and others.
- Be trustworthy.
  “What is shared in the group stays in the group.”

‘call to me and i will answer you and tell you great and unsearchable things you do not know.’
jeremiah thirty-three, three.

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