



Welcome to a Supportive & Growth-Oriented Space for Men!

We're excited to have you join us in these small groups designed specifically for men. The following guidelines will help us create a safe, authentic, and growth-oriented environment where everyone feels comfortable sharing their experiences and supporting each other.

Small Group Guidelines

Before each meeting or periodically, the group leader will kindly remind all participants to follow these group guidelines when interacting and socializing with each other.

Focus on Personal Sharing

When sharing, focus on your own thoughts and feelings. These groups are designed as a support for you and the others in the group. Sharing the personal details of others distracts from the common purpose.

Respect the Time Limit

It's important that one person does not dominate the meeting! Please keep your sharing within three to five minutes at a time to ensure everyone has a chance to share.

Focus on Common Ground

Avoid bringing up unnecessarily divisive topics like politics, culture-war issues, or niche theological arguments, as they are likely to detract from the group's purpose of fostering personal growth and building friendships.

Avoid Cross-Talk

To ensure everyone has an equal opportunity to express their feelings, we don't allow cross-talk. Cross-talk includes engaging in side conversations, making distracting comments, or interrupting someone while they are sharing.

Support, Don't Try to Solve

We aim to support each other without trying to solve each other's problems. Remember, we're not licensed counselors, psychologists, or therapists, so it's important to focus on our own challenges. If professional help is needed, it's the individual's responsibility to seek it.

Maintain Confidentiality

It is essential to maintain confidentiality within the group. What is shared in the group stays in the group. The exception to this is if someone threatens self-harm or violence, in which case the Small Group Leader must report it to The Redeemed Director.

Respectful Language

Offensive language is not acceptable in a Christ-centered group. Please avoid misusing the Lord's name and avoid graphic descriptions when sharing a life experience or struggle. If someone feels uncomfortable, they can raise their hand to indicate their boundaries, and the speaker should respect the request. This helps ensure a safe, respectful environment for all.

Additional Guidelines for Online Groups**Use Headphones for Privacy**

Meetings will not be recorded, and all group members are expected to use headphones during meetings to maintain privacy and ensure that conversations aren't overheard outside the group.

Keep Cameras On

To ensure transparency, all members must have cameras on during group meetings. If the group leader requests, each member must show that they are alone in the room at the time of the meeting