**“BE HEALED”**

**40 DAYS OF HEALTH AND HEALING GROUP COVENANT**

***“How can we walk together unless we are in agreement?”* (Amos 3:3)**

**1. Agreement on our purpose**

Our purpose is to learn how to grow in our health and experience the healing power of Jesus by learning to appropriate His redemption work on the cross, learning to encounter Jesus’ healing presence, and growing our relationship with others in our group. We agree to fight for each other’s healing. Our commitment to grow in our relationships will mean:

* Praying for each other.
* Becoming more real and authentic with one another.
* Being committed to encourage, build up, and serve one another.
* Learning to step out to minister the healing touch of Jesus not only to people in our group but beyond.

**2. Agreement on commitment**

We agree to make this healing journey a priority in our lives over the next 6-weeks by:

* Making attendance at our life group a priority.
* Making attendance at the weekend service a priority.
* Taking personal time to pray for the group and prepare for our time together.

**3. Agreement on guidelines**

We agree to help create a safe environment to grow relationships in the group by observing our “Home Safe Home” guidelines.

a. Confidentiality. What is shared in the group stays in the group. We only gossip to God.

b. Accepting of each other where they’re at.

* We agree participation is voluntary; it is more than ok to pass.
* We give our full attention in listening.
* No interrupting.
* No advice or opinions, only affirmations.

c. Respect of those inside and outside of the group

* We are free to share our struggles but not to share negative reports about others outside of the group, that wouldn’t feel comfortable with us sharing.
* We will not bring up divisive issues or be critical of other people or ministry views or convictions on things like (politics, doctrines, church issues).
* This will not be the time we bring up concerns about the church.
* We will not put anyone on the spot by asking for financial assistance, babysitting…

**4. Symphony.** We will respect the time and be sure that no one monopolizes the conversation (3-minute rule). We will only go beyond that if specific permission is granted. We will work to give the opportunity for everyone to speak once before we speak twice. We will start and end on time.

**5. Structure.** We will come in agreement on how we will do things in the first meeting. This could mean agreement on sharing snacks, starting and ending times, participation in fun or outreach events, looking for each other at church services, calling for rides, texting or emailing each other…