

# A Team Covenant

Committed To God & Each Other

## I make the following commitment to my team:

**Attendance:** I need everyone in the group in order to grow. One person's absence will affect the whole group. I will try to leave the pressures and baggage of life outside the room. For the time I am here I will concentrate on what I am feeling at the moment and on my response to others in the group. Dealing with the stories or problems of those who are not here is helpful neither to them or us. I will stay in the here and now.

**Affirmation:** There is nothing you have done or will do that will make me stop loving you. I may not agree with your actions, but I will love you unconditionally. It is more blessed to care than to cure. This is not a therapy group. I will avoid the tendency to fix people.

**Confidentiality:** What's said here stays here! A permissive atmosphere flourishes when others are trustworthy. I will never repeat what another has said unless given specific permission.

**Openness:** I will strive to reveal who I am – my hopes, hurts, backgrounds, joys and struggles – as well as I am able. I will share a story not a sermon. I can help others more by risking to be known and telling what is real to me than when I repeat a teaching I heard from someone else.

**Honesty:** I'll try to mirror back what I see others saying and doing. This way I will help you understand something you may want to change but were unaware of. You can help me in the same way. This may strain our relationship, but I will have confidence in your ability to hear the truth in love. I will try to express this honesty, to meter it, according to what I perceive the circumstances to be.

**Sensitivity:** I will try to put myself in your shoes and understand what it is like to be you. I will try to hear you, see you and feel where you are, to draw you out of the pit of discouragement or withdrawal. But I recognize that you have the individual right to remain silent. Groups don't have rights; individuals do.

**Accountability:** I am responsible for my own growth. I won't blame others for my feelings. None of us are trapped into behaviors that are unchangeable. I am accountable to myself, others and God, to become what God has designed me to be in His loving creation. I will help you become what you can be.

**Prayer:** During the course of this group, I will pray for the other members and bask in the confidence that they are praying for me.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

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