

Suggested Tips for Leaders

Made for His Glory — A Recovery Journey

www.madeforhisglory.me

Atmosphere

Allow yourself 30 minutes for the leaders to pray before the participants arrive. Leaders should endeavor to be available to be led by the Lord as much as possible.

Structured Environment

Because a structured setting will ensure respect and dignity, the clearer the boundaries and rules are communicated and practiced, the safer the group. The safer the group feels, the more transparent it will be. The more transparent the group is, the more healing and bonding will happen. Boundaries and structure are therefore vital. To maintain structure and respect in the group, please follow group guidelines.

Table

Sitting around a table is preferred over sofa sitting. The atmosphere is not one of hanging out. This may seem confining in the beginning, but the implied boundaries and structure are important for participants to focus on themselves. Each participant should focus on their healing, life, and thoughts without focusing on the group. Remember, structure produces security.

Servant Leadership

Leaders are to facilitate each individual's healing through encouragement to connect with God and stay planted in the local church. For recovery, the leader's role is not to advise, teach, or correct doctrine or thinking. There are wonderful pastors and teachers who function in this role. Additionally, in this program, group leaders do not promote themselves or their ministries, functioning more as coaches who promote the success of athletes (participants).

Weekly Meeting Duration

Begin on time and leave on time. Start with prayer, weekly testimonies, the leader's encouragement to the group, and announcements (5-15 minutes). Move quickly into sharing time (80-100 minutes), which is the bulk of the meeting. For certain lessons, allow about 15 minutes at the end to lead the class into the Encounters. Close in prayer (5 minutes). In total, sessions will take approximately two hours.

Confidentiality

Of course, confidentiality is vital, not only for each participant but also for the leaders. Leaders do not discuss with other leaders anyone's story except if someone is in danger, for legal reasons, or until a participant has shared their story publicly. Recovery is messy. Just as a parent does not expose their child's messes but rather trains them up, likewise, we don't expose others' messes since participants are in the

process. People are healing and changing rapidly during this program.

Sharing

To allow every person the opportunity to share, stay within the timeframe of sharing, and go in a circle. Do not utilize popcorn-style sharing. If a person does not want to share, they can simply pass.

- Watch for people who always pass and never participate. After a while, you will need to speak to them about why they are in the group.
 - Keep people within the required time as much as possible without being rude.
 - Help people stay focused on the question, and don't let them wander off too much.
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Fellowship and Conversation

Community, accountability, friends, and prayer partners are encouraged before and after the group time.

- As much as possible, encourage small group accountability partners of three or four together, preferably not one-on-one.
 - Watch for people who are in vulnerable positions so that a controlling personality does not attempt to dominate their time or life.
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Diverse Doctrine or Theology

Although we don't wish to teach doctrine or theology, it is obvious that certain truths will produce these elements because this recovery program is going through the Bible. We are not here to argue any doctrine or push anything on anyone. The lessons are simply presented for the participant to choose to interact with or not. A leader's role is not to teach but to encourage and support each participant to connect personally with Jesus Christ through the written Word, action items, encounters, and meditations. We point each person to Him to resolve problems, find purpose, and heal brokenness.

Control

Control is not allowed. We are dealing with adults. Respect, honor, dignity, and free will are non-negotiables and should always be upheld even when we must confront poor behavior. This is not a job, club, or corporation.

- Having a strong structure removes the control from an individual and puts it onto the system or program, which everyone must be accountable to. Structure produces security.
 - A participant is free to leave the group at any time without disapproval, judgement, or rejection from the group or leader. In the parable of the prodigal son, the father simply let the son go without chasing him.
 - Not everyone is ready to self-assess. That does not make them evil. They belong to Him! Many people may drop off in the beginning, so do not take it personally. They usually come back for the next class.
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Safety of the Group

Leaders are required to correct, warn, or remove anyone who violates another's space or safety, whether it be physical, emotional, psychological, or spiritual.

Inventory of Past Trauma

Although recovery can involve reviewing a past trauma or incident to allow the Holy Spirit to cleanse and heal a wound, leaders should never force anyone on such a journey. Of course, the Holy Spirit may lead a participant, leader, or group into these encounters, but it is never forced upon participants.

This process absolutely must be Holy Spirit led!

Vocabulary

As leaders, try to keep the group from throwing out popular psychological terms that label them or each other. Although we don't want to correct people when they share, stay away from vocabulary that labels someone a certain way. Our only identity is that we are children of God, so no other label is necessary in this group. A good exercise is to look up definitions when people use catchphrases such as:

Victim: *Someone who has been violated.*

It's also used in court cases along with plaintiff, defendant, victim, or judge and expresses one who was the recipient of a certain violation. It is not a lifelong position.

Brokenness: *Something that does not work right or is unable to function as designed.*

For this reason, we bring anything broken to the manufacturer (the Creator, God) for repair.

Recovery: *To regain something that was lost.*

This includes physical, mental, or relational health. Stay away from vocabulary that allows recovery to mean that we will never change or will always have the same problems. In this group, we actively pursue the goal of regaining what was lost.

Trauma: *This is the Greek word for "wound."*

Although historically it was used to describe something physical, in recent years, it is used to describe emotional wounds. In either case, the Great Physician, Jesus Christ, is available to us as the Healer, and we actively pursue healing of all wounds physically, mentally, emotionally, and spiritually.

Codependent: *A complex word often described as a psychological condition, which carries various behaviors—the most common being unhealthy attachments.*

In reality, this is the fallen condition of humanity after Adam and Eve lost their fellowship with God. Without Jesus, humanity has a gaping hole in their soul that they attempt to fill with various unhealthy attachments. Of course, the only remedy is accepting Jesus as Lord and Savior, allowing Him full access to our hearts. He becomes our healthy attachment!

Same-Gender Groups

Groups should not be mixed with men and women, nor should recovery groups be done between couples. At a minimum, transparency, safety, and security would be compromised. Furthermore, it opens the door to many issues.

Closed Group

This recovery program is designed for the same people to journey together from start to finish, which fosters a community of support and healthy accountability. After the second or third week, this group should be closed so that no new people can join or drop in. For this reason, it's a good idea to start another group every quarter so no one waits a whole year to join a group.

Avoid Family Members in the Same Group

If family members (e.g., mom and daughter, sisters, etc.) are in the same group, it will eventually reduce their experience from being transparent and honest. Optimum healing will be hindered. Even when we have good relationships with family members, it's best to come together after each member experiences their breakthrough, recovery, and healing journey with the Lord.