



### **Twelve Critical Ingredients of a ChristCare Group**

1. We accept one another as we are.
2. We share as much as we like from our own struggles and successes, victories and failures, joys and pains.
3. We are honest with ourselves and others, telling it like it is.
4. We listen to one another to hear what people say and what they mean.
5. We don't criticize or condemn what others share, but instead we affirm the positive things we see in others.
6. We don't give advice unless others ask for it.
7. We gather to care and to be cared for – and not to cure. If we care for one another, God will do the curing.
8. We share our own experience of faith in our words, not someone else's experience in his or her words.
9. We grow in trust for one another, knowing that what we share will remain within the group.
10. We give ourselves and others the freedom to be silent.
11. We spend our group time discussing important personal issues in an informal, natural way.
12. We encourage one another to serve in and beyond the group.