

# Healthy Group DYNAMICS

When a missional community gathers, it's important to consider dynamics that will help meetings run smoothly and achieve the desired outcomes. Sharing a meal is one of the simplest ways to build healthy group dynamics within an emerging missional community. If you choose to share a meal, make sure that there is enough for all and that feeding each other is a shared, yet equitable exercise. If you pray, sing, study the Bible or hold a discussion during your meetings meet in the round as opposed to classroom style. Practice group dynamics that convey value to all participants and healthy group participation by all.



**The following are some helpful values for healthy group dynamics:**

## THIS IS A BRAVE PLACE.

While we will certainly make mistakes, yet we will earnestly attempt to respect, accept, and appreciate each other for who we are, where we are on our journey, whether we already know each other.

## OUR PURPOSE IS CONVERSATION AND WORKING TOGETHER.

Our discussion is meant to deepen our connection with each other, with God, and develop ways to work together for the well-being of our neighbors. Neither our hosts nor our facilitators are expected to be experts, counselors, or mediators but together, with the Holy Spirit, we have all we need.

## OUR DISCUSSION IS CONFIDENTIAL.

We are motivated by a deep respect for the sacredness of each other's stories and experiences. We understand that sharing is a gift and that things shared should be kept in confidence.

## ALL MAY CONTRIBUTE, BUT NO ONE IS REQUIRED TO SPEAK.

Everyone is invited to share but has equal permission to pass. We respect each other's need for silence as much as for sharing, and we appreciate that the balance of these needs may vary from meeting to meeting. We try never to dominate, lecture, or withhold as a way to exert power over each other.

## WE ARE ACTIVE AND RESPECTFUL LISTENERS.

We listen to others' stories and refrain from asking questions merely to satisfy our curiosity. We avoid being judgmental, attempting to change each other, or offering unsolicited advice.

## WE APPROACH CONFLICT WITH LOVE AND GRACE.

If conflict arises, we offer grace to each other. Recognizing that we are all imperfect, we address each other in a loving manner and graciously accept feedback. We recognize that God could be using disagreements for our benefit in ways that we do not yet understand.

## OTHER RESOURCES

- [Safeguarding Missional Communities](#)
- [Missional Small Groups](#) by [M. Scott Boren](#)
- [Community Canvas](#)
- [Resources from The People's Supper](#)