



Forgiven Much® Ministries Group Covenant

To encourage a high level of trust, love, accountability, and openness in my Forgiven Much Ministries (FMM) Recovery Group, in order to experience wholeness, healing, purity, and freedom in Christ, I covenant with my group's other members to do the following:

I will make attendance at each group session a priority. I understand that my meetings are held on _____ and begin promptly at _____ unless otherwise noted. I will consider my presence in the group as essential and important, and that my engagement or absence has an impact on the other group members. If I cannot attend or will be late, I will inform my Group Facilitator beforehand. This helps to hold me accountable in my attendance. If I am consistently unable or unwilling to do so, I may be asked to consider rejoining at a later time when I'm better able to make recovery a priority.

I will make time each week to complete the appropriate unit of study in the L.I.F.E. Recovery Guide before the group session. I agree to share during the meeting what I have learned from completing my homework. This helps to hold me accountable to my recovery plan and, if I'm unable to attend, I'm prepared to post my homework and Reflective Listening Exercise on the group platform by the end of the day that my group meeting is scheduled. Processing the homework assignments and applying emotional resilience skills are a ***non-negotiable*** part of my healing, and I commit to investing my time and energy into my recovery. Showing up and 'drafting' off the group is unfair not only to the group, but to myself. I can expect those who are ahead of me on their healing journey to come alongside to teach and guide me and I welcome their insight.

I will keep confidential all personal information that group members share. I will not share matters from the group with any outside person or mention the information as a prayer concern. I understand that what I see and what I hear in this place stays here when I leave. I understand that breaking confidentiality could result in my being asked to leave the group. I may share with my spouse only those things I have learned about myself by being in the group environment.

I understand that there are no fees to participate in FMM's group services. I also acknowledge that access to the group is contingent upon my compliance with FMM's Covenant and Guidelines, specifically regarding homework completion and attendance. I agree not to be absent for more than two assignments within a 7-week assignment cycle without a valid medical or verifiable reason. If unforeseen circumstances arise, withdrawal and re-entry are possible at a later date. This is to ensure my highest outcomes and overall recovery progression leading to sobriety and a life of wholeness. I agree to take responsibility for stewarding these gifts well.

I agree with the following:

- To honesty, openness, and a willingness to listen; to be teachable with readiness to implement new behaviors.
- To reach out and openly share my challenges instead of isolating.
- When I share, I will not be graphic or state names or places that were involved in my sinful behavior.
- To submit to the group as they lovingly confront me when I am in denial or sin or am acting co-dependently in my marriage or other relationships.
- To support other group members in their desire to grow emotionally and spiritually.
- To be honest in my actions, thoughts, and emotions as I participate in the group.
- To be patient with other group members as we allow God to work in each of our lives.
- To not give advice. I am free to share my experiences without pressuring other group members to do what I think is best.



- To inform my group facilitator of any physical or emotional problems that might arise through my participation in the group.
- To spend time with the Lord. This is time for me to learn to sit in silence and hear from God and to get to know Him through the reading of His word. This is also a time to be in prayer for my loved ones and myself.
- To journal faithfully as feelings and memories surface, for God has no time-line as He allows me to feel the emotions I have “stuffed.” I know that whatever emotions come, God wants me to feel them. I give myself the grace to feel whatever comes.
- To surrender the changes that come to God, knowing that He will work this for my good. I also agree to surrender my singleness or marriage and any codependent relationships or coping behaviors to allow Him to make these necessary changes. If single, I understand that I am to delay dating until after one year of sobriety has been experienced. If married, I understand the necessity to submit the Couples Relationship Commitment Agreement and, at the proper time, pursue the Sexual Abstinence and Marital Contract.

I will seek to honor and observe the group rules. This group is safe, therefore:

1. We can be honest.
2. We can be angry (even at God).
3. We can have conflict.
4. We can be sad, lonely or frightened.
5. We will not put ourselves or others down.
6. We will make no self-righteous statements.
7. We will not blame others; we will take responsibility for our own actions.
8. We will only give feedback when asked.
9. We will practice confidentiality.
10. We will strive to affirm ourselves and others.
11. We will pray for God's presence and guidance in all of our discussions.
12. Group time will be divided among those who have completed homework and ask for time to share. If unable to complete homework, we ask that you listen and not give input.

Please Initial: _____ I acknowledge that I have received the Onboarding Checklist and will view all videos assigned to me. I understand that counseling, the group process, Christian fellowship in a local church, continual education of recovery materials, and serving out of my story all have a role in my successful recovery. I understand that at any time, I can ask to have these and other recovery concepts explained to me so that I understand my active role in recovery. I understand that FMM must report or cause a report to be made and cannot keep silent on the grounds of confidentiality or privileged communication in the following areas: 1) When a disclosure indicates a group participant may cause harm to self. 2) When a disclosure indicates that a group participant may pose a danger to others (child abuse, possession of Child Sexual Abuse Material (past or present), spouse abuse, or elder abuse).

I have read the above and agree to the articles of this Covenant for the FMM Recovery Group.

Signed: _____ Date: _____