

**SMALL
GROUPS**
online

**REAL.
HONEST.
LIFE
GIVING.**

**JUST FOR
SPOUSES**





Welcome to the Journey

Welcome to Small Groups Online for Spouses. These groups exist to bring healing to both individuals and marriages.

While you may have just found out your spouse is looking at porn, been dealing with it for years, or some other combination of the two; we want you to know you are not alone.


This community was created specifically for women in your shoes, and it is our prayer that, through this experience, you discover a new way of looking at the world, God, your spouse, and yourself.

This is a journey toward healing. It won't be easy - in fact, at times it will be incredibly difficult. But what you need to know is you are not in this alone.

As a Small Group Online member, you will be surrounded by an incredible community of women and met by the grace of a loving Creator.

This loving Creator will help you see hope where there is none and give you courage to pursue grace and healing.

Welcome to Small Groups Online. Welcome to the journey.

A photograph of two women embracing on a beach. The woman in the background is wearing a large straw hat and has a visible tattoo on her neck. The woman in the foreground is wearing a grey hoodie and has her eyes closed. The background shows a sandy beach and the ocean under a clear sky.

*"Healing is a matter of time,
but it is sometimes also a
matter of opportunity"*

Hippocrates

Things to Note

In order to participate and make the most of this group, there are a few things that will need to be understood and committed to. We will bullet point each one and add an explanation.

- **You will need to commit to being here for 60-90 minutes a week**

Understand that each week, a part of you will want to log on and join the group and a part of you will not. The journey through this type of territory often feels and looks more like the 13th mile of a marathon than it does the triumphant starting gun. So make that commitment to yourself.

- **Judgment and condemnation of yourself or of anyone else is simply not helpful. You will need to learn to listen before you speak and be willing to allow for the darkest parts of people to be accepted.**

It is a common experience to want to draw concrete lines and declare certain behaviors "good" and others "bad".

But remembering that the goal here isn't that people would present themselves as perfect, it's that each person has a deeper experience of love - love that lifts shame and causes clarity within the person experiencing that love.

This is the heart of God.

And so in this space we drop all judgment. There are no "horses" to fall off of. What is helpful is observation and the deeper question about why we do what we do.

- **You will need to bring yourself to the table.**

This doesn't necessarily mean you need to share every time. Sometimes you may, sometimes you may not. But bringing yourself can also mean being willing to do the hard work of observing your own experiences of your fellow travelers on the journey.

Simply observing as people share and as the facilitator leads can be incredibly helpful to everyone present and to your own work.

- **Respect the facilitator, but please don't worship her.**

The group facilitator is on the same road you are on. The difference between you and her is simply that she is further down that road.

She is not perfect and is not pure, but is trained and experienced in walking this road. It is natural to look to leaders to be role models and you can expect that from your facilitators.

They will lead you in walking this path themselves and calling you forward as well as being honest about their journey

Group Covenant

- Our goal is to openly pursue freedom at all costs. This freedom is recognized by the presence of the “fruits of the spirit” as described in Galatians 5:22-23: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Where these things are present, there we find the presence of God and the experience of freedom.
- This is a safe group. We are here to support, love, and nurture without judgment. The group facilitator has the right to redirect conversation at any time he feels this rule is being broken. Additionally, **if a member "endangers" the safety of another member**, such actions will not be tolerated and **should be reported to your group leader immediately**.
- It must be recognized that the most fundamental truth about this journey is that it is each person’s choice whether to walk it or not. Therefore, it is up to each person whether they want to check-in and share or not. When someone does share, they will not be interrupted.
- What is discussed within the group is sacred and must not be shared outside of the group under any circumstances.
- Each member may offer encouragement to others in the group, but there will be no “fixing”. Solutions can be unhelpful in this format. We say this with the recognition that some may have helpful things to input into someone’s life and have offered the [Live Free Wives Community](#) as a way of interacting on a one on one level that can facilitate that.

Check-In Sheet

Each week, everyone will have the opportunity to share with the group. As you share, please be mindful of the limited time available to each member. While you are not required to share, it is helpful to at least address the following:

NOTE: Please be mindful of the time. There is only so much.

- If you are new to the group, please introduce yourself and share what you hope to gain from your participation in the group.
- How are you this week?
- How are you dealing with your spouse's struggle?
- What is hurting you?
- What victories have you experienced?

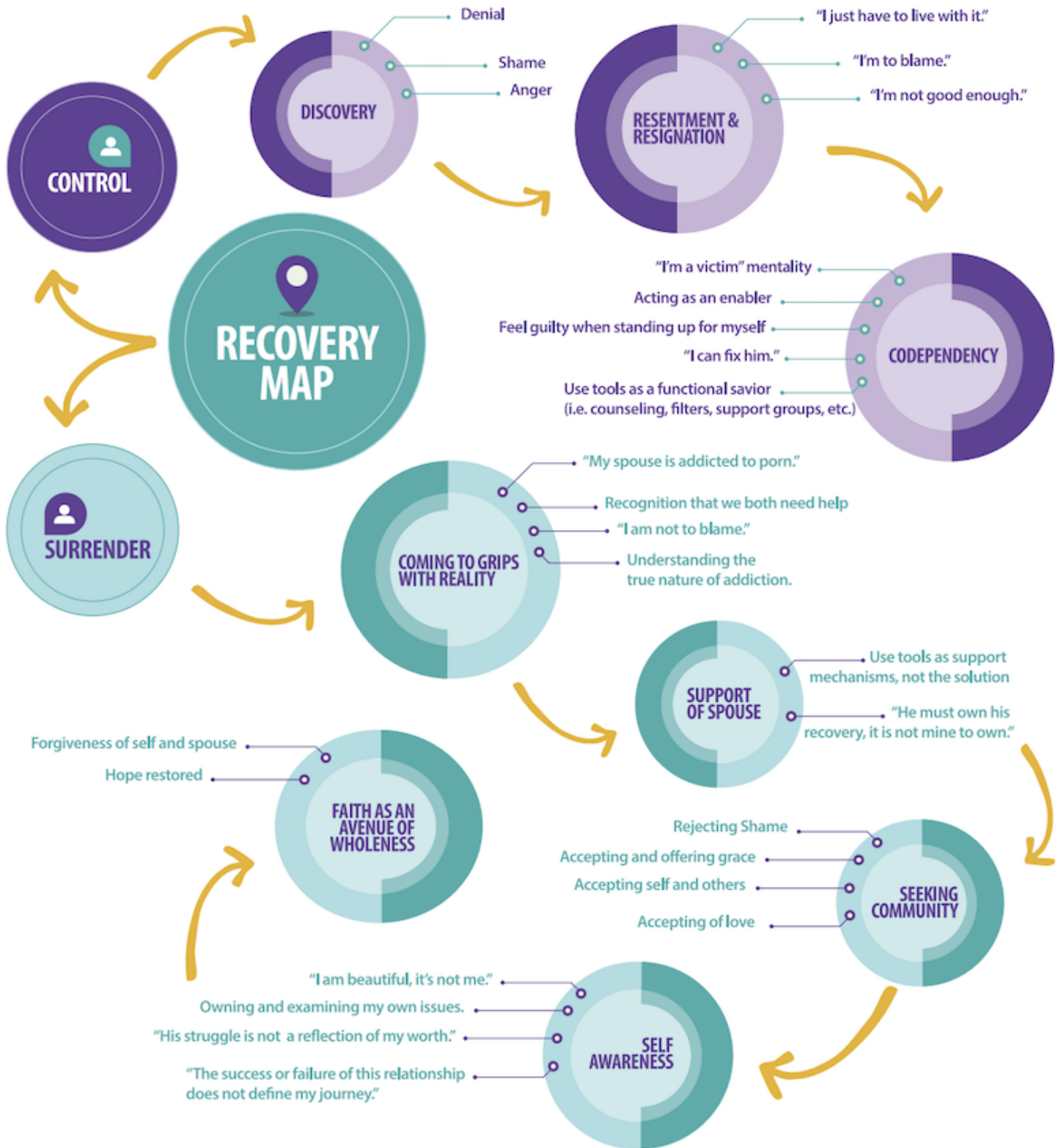
Additional Questions

The following are additional questions that can be helpful for you to consider while you are preparing yourself to check-in. **It is not a script.**

Answer or respond to whatever speaks to you in your situation. You can say whatever you want. **Emotional honesty is paramount.**

- How are you coping with your pain/struggle? Is this working for you?
- What typically happens to you physically/emotionally when faced with your spouse's struggle? Does your response help or make things worse?
- What is something you can do this week to help the situation?
- What has God been showing you since we last met? How do you feel about what God is teaching you
- Did anything significant happen in the past week (or since you were last with the group) that is benefiting the transformation process God is bringing you through?
- Describe your primary feeling right now. How can God help you where you are?

The Recovery Map



Technical Notes

Since this is an **online program** and community it is necessary that you become familiar with the following so that you can participate in your weekly meetings and take advantage of all the additional resources Small Groups Online offers.

- When you signed up you were given a password for your account. This password is for use with your Omnify member's account. You only need this for billing purposes (like updating a credit card).
- For the purposes of weekly meetings we use Google Meet. You were given your meeting link via email when you signed up.
- As a Small Groups Online member you have free access to the [Live Free for Wives Community](#). Simply **Request to Join** and our hosts will send you confirmation once they review your request. Afterwards, your leader will invite you their private group in the network. **We really encourage you to take advantage of this tool as a great source for daily support and encouragement.** Live Free for Wives is a great place to solidify your relationships and place in this new tribe you have joined.

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