



Food Dependent/CO ED Groups

GROUP PURPOSE - A support/accountability group for food dependent persons who seek healing and direction from the Lord.

GROUP ROLES:

1. Confidentiality
2. We focus on ourselves and our specific efforts which the Lord leads with my food problem
 - Do not give advice
 - Do not dominate
3. No judgmental statements or defensive statements about other members.
 - We need a heart of unconditional love
4. We can help each other by
 - listening and asking questions
 - offering support and asking how we can help
 - praying for the specific prayer requests of members
 - ask members "How can we hold you accountable for your program?"

SHARING RULES

1. Identify yourself and your specific problem
2. State the program, plan or discipline by which you are attempting to work on your specific problem
3. Honestly report your weekly success or failure
4. Share feelings, worries or concerns about your program, plan, or discipline or problem
5. Ask group to pray for and hold you accountable