

DESIGNED

Cohort Agreements

A WOMEN'S DISCIPLESHIP COHORT



The Evangelical Covenant Church

Cohort Agreements

Dear Friend,

Jesus called each of his disciples to “Follow me,” and he calls each of us to do the same. Notice that his invitation is to follow him into a spiritual community. The disciples who followed Jesus were on a journey together, and the same is true for us today. Wherever you have community, you have different personalities and perspectives, with the potential for misunderstanding and conflict. Jesus navigated each of these realities, and he created opportunity for his followers to have true encounters with God.

The cohort agreement below will help us journey together well.

I will . . .

- . . . Faithfully attend group meetings, missing only when it is unavoidable.
- . . . Complete assignments and create sacred space to encounter God.
- . . . Risk being authentic, vulnerable, and truthful.
- . . . Hold whatever is shared in the group in confidence.
- . . . Resist monopolizing conversation, and get to the heart of what I wish to say.
- . . . Resist offering advice to others in the group who do not ask for it, recognizing that sometimes people simply want to share their feelings without inviting the rest of the group to speak into what they should or should not do.
- . . . Give group members permission to speak into my life by clarifying when I am seeking advice and when I just want to share.
- . . . Respect others by listening attentively and prayerfully, as opposed to focusing on my own story or response.

- . . . Avoid trying to solve one another's problems, focusing instead on supporting one another and pointing each other to Jesus.
- . . . Affirm differences as a key strength of our group, seeking to encourage a variety of perspectives.
- . . . Validate fellow group members in their God-given strengths and personal challenges without comparing myself to one another.
- . . . Respond to the Holy Spirit's prompting to reach out, support, or encourage one another in prayer, personal contact, and kind deeds outside of the group time.
- . . . Respect that we begin and end our meetings on time, while being sensitive to the movement of the Holy Spirit.

Participants' Names:

Date:

