

M.A.S.H. UNIT

WHAT WE ASK OF YOU

Here in the *M.A.S.H. Unit*, it's important that we respect one another's time, confidentiality, and recovery in order to maintain a safe and supportive environment for everyone.

Respecting Other's Time

It's important to show up to group regularly and on time. If you are not able to make it for some reason, we expect you to call and let someone know.

Respecting Other's Confidentiality

Everything said here stays here. That means we don't share other's secrets with even our wives. We also refrain from sharing who attends the group with anyone outside of the group.

Respecting Other's Recovery

Please be aware to not use any language or share specific details (such as web pages) that may trigger others in the group.

WHAT WE MEAN BY "CHECK-IN"

Use the areas below as a guide for your weekly check-in. You don't need to hit them all unless you want to. It's perfectly fine to wing it. Try to keep your check-in around 5-10 minutes.

Feelings

- How are you feeling today? (sad, lonely, tired, angry, stressed, etc.)
- How have you been dealing with these feelings?

Struggles

- Talk openly about your struggles with ongoing issue(s) or any other factor that is making your week difficult.

Victories

- Talk about your victories this past week.
- What's good that's been happening?

Time with God

- Talk about your time with the Lord.

Upcoming

- What do you have going on today? This week? What's coming up?
- How can the group help? What kind of support do you need this week?

OPENING STATEMENT

Welcome. We are a company of Christian men who are also:

Natural Loners—who have recognized the dangers of isolation and are determined to escape them.

Natural Wanderers—who are finding spiritual peace and prosperity at home.

Natural Liars—who are finding freedom in the truth.

Natural Judges—who are learning to judge ourselves aright.

Natural Strongmen—who are experiencing God's strength as we admit our weaknesses.

As Christians we meet at other times for worship, for teaching, or for corporate prayer. Today, however, we meet to talk. Our purpose is to assist one another in our common journey. We do so by sharing honestly, out of our own personal experience, the challenges and encouragements of daily Christian living in a fallen world.

In sharing, we speak honestly out of our own experience. We tell the truth about ourselves, knowing that our brothers will listen to us in love and will hold whatever we say in **strictest confidence**. We try to keep our comments brief, taking care to leave plenty of time for others. We address our statements to the group as a whole rather than directing them toward any one person.

READ TODAY'S TOPIC

You may speak about this or any issue that is currently commanding your attention, but please be sure to check-in regarding your current battle with whatever it is that brought you here. The floor is now open for anyone who wishes to speak.

