



Guiding Principles

1. I will choose love over fear.

Mark 12:30 Love the Lord your God with all your heart and with all your soul and with your mind and with all your strength.

1 Corinthians 16:14 Do everything in love.

Matthew 7:7-8 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened."

John 15:12 My command is this: Love each other as I have loved you.

1 John 4:8 Whoever does not love does not know God, because God is love.

2. I will forgive myself and others.

1 John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Ephesians 4:31-32 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

3. I will be accountable for myself and to others at all times.

Galatians 6:4-5 Each one of you should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.

4. I will speak my truth in a gentle manner, especially when I am feeling: Mad – Sad – Glad – Afraid.

Proverbs 15:1-2 A gentle answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise adorns knowledge, but the mouth of the fool gushes folly.

Ephesians 4:25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.

5. I will create safety: Physical, Spiritual, Emotional, and Relational.

2 Peter 1:5-9 For this reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins.

6. I will maintain confidentiality at all times.

Proverbs 11:13 Whoever goes about slandering reveals secrets, but he who is trustworthy in spirit keeps a thing covered.

Proverbs 16:28 A perverse person stirs up conflict, and a gossip separates close friends.

7. I will seek joy.

Psalms 95:1 Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation.

Zechariah 8:5 "The city streets will be filled with boys and girls playing there."

Acts 2:28 You have made known to me the paths of life; you will fill me with joy in your presence.

Job 6:10 Then I would still have this consolation – my joy in unrelenting pain – that I had not denied the words of the Holy One.