

MEETING FORMAT



Main Group Meeting

1. Welcome & Prayer
2. Our goal is to be *Men of Integrity*
3. Read and commit to the *Group Safety Guidelines*
4. Sharing of personal testimony by group member
5. Review teachings (*Seven Principles, Seven "Cs" of Transformation, Hope of Freedom*)
6. Recognize and celebrate milestones (1-month, 3-month, 6-month, 1-year, etc.)
7. Take offering, make announcements, take attendance, and text missing members
8. If main group exceeds six-men, break into small groups for individual check-ins

Individual Check-in

Reflecting:

Assignments	I read the assigned lesson and completed the journaling I spent time with God every day
Sobriety	I can celebrate victory this week I had a SLIP this week

Assessing:

SLIPs	What triggers and feelings contributed to the SLIP? What interrupters could you add to prevent a future SLIP?
Sobriety	What can you attribute your success? What kind of struggles did you have?
Feelings	How are you feeling today? (Glad, Sad, Anger, Hurt, Lonely, Fear, Guilt, Shame) What positive thing have you done for yourself this week?

Projecting:

Next Steps	How did I do on last week's next steps? What are my next steps for this week? I need special prayer for....
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