**CRUMC Sunday School / Group Covenant - Fall 2025**

**(Class/Group Name Here)**

As a member of this class, I commit to entering a covenant of behavior with my class/group. This covenant is a shared agreement that outlines the expectations and values we will uphold together in order to create a respectful and welcoming environment to enrich our relationships.

**(class/group mission statement here)**

**Confidentiality:** Things shared in our group are confidential. Unless permission has been granted by the one who shared it, I will not share the information with others.

**Regular Attendance:** I will be consistent in my attendance. I will strive to be on time and let my class/group know when I will be out or running late.

**Mutual Respect:** When different views, thoughts or ideas are shared, I will listen without judgement or ridicule.

**Shared Exchanges:** It is understood that I can speak into other’s lives in a kind and respectful way. I will also allow people to speak to me about my life.

**Participation:** I will engage and participate when appropriate to help foster collaboration, promote learning and shared goals.

**Transparency:** I will humbly and openly share from my own personal perspective with “I’ statements.

**Interference:** I will not engage in conversations with others while someone is sharing to help reduce interruptions or someone feeling as if they are unheard.

**Thoughtful Advice:** I will allow others to completely share, especially hard things to share, without providing immediate advice to them.

**Listen for Understanding:** I will engage in and practice active listening. I will work to prevent thinking about what I will say next or how I will respond.

**Peace and Calm:** I will intentionally pause after someone shares and allow quiet time for people to process their responses. This will promote more thoughtful sharing when there is no rush and a fear of silence.

**Embrace Tension:** I will allow others to share at their own pace, even if it includes tears, without interruption. I will resist the urge to fix or soothe someone to increase the chance they’ll share more openly and fully.

**Self-Awareness:** I will beaware of how my thoughts, feelings and actions make others feel.

**Application:** I will practice applying what is learned in our class/group time. I will share my progress, difficulties and desires with what I am working on.

I understand that if the president or group leader notices I’ve lost sight of or forgotten one of our group expectations, they will kindly and respectfully check in with me to help me reconnect with our shared goals for participating in class or group time.

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Class/Group Member Printed

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Class/Group Member Signed

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Date