

# Family Covenant

The Hebrew word for covenant means "**a legal disposition or pledge which can be an 'agreement' or a one-side pledge or promise.**" Therefore, by signing this you are pledging to uphold these standards with your loved one and this covenant will remain in effect even if he chooses to step outside of it.

- We agree to do what is best for our loved one and abide by the rules and regulations placed forth by Adult & Teen Challenge Arkansas.
- We agree that God has placed our loved one here and we will not be responsible for helping him leave and removing him from God's will.
- We agree to help them stay away from triggers and set healthy boundaries.
- We agree to follow **8 Ways to Help** and not partake in the **8 Ways to Sabotage**.

# Our Commitment

Today, we all commit to this family covenant agreement. We understand all of the expectations outlined here and that they are in place to benefit and safeguard each of us.

We also understand, that a covenant commitment goes beyond a tit for tat agreement. Instead, we are agreeing to uphold these standards regardless of the choices or actions of the others signed here.

We commit to walk alongside one another and to do everything we can to help each of us grow spiritually, relation- ally, and behaviorally. As a family, we agree to respect and honor God and one another by honoring this commitment.

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