



Sinking Deep

HOURLY FLOW

15 MIN

Early Arrival

Time: ____:____ - ____:____

- Snacks & beverages
- Name tags- big group

We encourage women to arrive 10-15 **before** the group begins to socialize and cozy up with a cup of hot tea or coffee if provided. If you meet in a coffee shop women have time to order their drinks. We prioritize starting on time so you can respectfully end on time.

5 MIN

Welcome

Time: ____:____ - ____:____

- Introductions
- Prayer

Go around in a circle and invite each women to share their name and for the first week of group what they look forward to through attending. Always open up the group in prayer for your time together and invite the Holy Spirit to speak to each women directly.

10 MIN

Read Together

Time: ____:____ - ____:____

- Devotional
- Scriptures

As a group read aloud the provided devotional and scriptures for this week. We encourage you to print out the materials for each women or share a digital copy we provide so everyone can follow along.

10-15 MIN

Meditate

Time: ____:____ - ____:____

- Quiet your heart
- Focus on Scripture
- Journal & Prayer

This is a special time for each women to quiet her heart and fix her mind on the scriptures placed before her. We encourage women to journal what stands out and what God lays on their heart as they prayerfully meditate on God's word.

15 -20 MIN

Share

Time: ____:____ - ____:____

- Go around in a circle
- Allow each women a chance to share

This will likely become your favorite part of the hour. It's about treasure to hear what God has revealed to each women. It's a chance to learn and grow from one another and is so important each woman has an opportunity to share and be heard.

10-15 MIN

Prayer

Time: ____:____ - ____:____

- Time flexibility

The amount of time may vary greatly depending on size of group- smaller groups may be able to go around in the circle and pray for specific requests, larger groups may close in a general prayer for all.