



# Participant Guide

## The Purpose

“But blessed is the one who trusts in the LORD, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.” Jer. 17:7-8 The Purpose of the Sinking Deep Group is to connect women to one another and to God so that the roots of their faith may sink down deep into Christ. If you are a believer in Jesus Christ and are seeking to follow His teachings, strengthen your faith in Him, and grow closer in community with other sisters in Christ, this group is for YOU!

## What To Expect

Every woman in this group matters. We believe God has called each of us here to know Him more deeply and to encourage one another in faith. As we gather each week, we will follow a simple, Scripture-centered structure modeled after the early church, “They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer” ( Acts 2:42).

Together we will:

- **Meditate on Scripture** – Read and reflect on God’s Word
- **Fellowship** – Share what God has spoken to our heart
- **Break bread** – Enjoy tea, coffee, and light snacks together
- **Pray** – Encourage and pray for one another during our time and throughout the week

## Biblical Meditation

Biblical meditation is the practice of filling the mind and heart with God’s Word, thinking about it deeply, and allowing it to transform how we live. Unlike other forms of meditation, Scripture teaches us not to empty our minds, but to dwell on God’s truth continually. God instructed His people to meditate on His Word day and night (Joshua 1:8), and described the blessed person as one who delights in and meditates

on His law (Psalms 1:2). From the early church through Christian history, believers have practiced meditation as a way to know God more deeply, renew the mind, and walk in obedience, always centered on Scripture.

### What Biblical Meditation Looks Like

- Slow down in Scripture → Read a short passage carefully and without rushing
- Repeat and ponder → Go over the verse multiple times, letting it sink in
- Pray it back to God → Turn the Scripture into personal prayer
- Listen and respond → Ask, “What is God showing me?” and “How should I obey?”
- Carry it with you → Return to the verse throughout your day

## Sinking Deep Guidelines

We want to create a safe and encouraging space where every woman feels seen, heard, and respected.

Please keep these guidelines in mind:

- Support one another without trying to “fix” or counsel each other
- Arrive on time and keep sharing brief so everyone has time to participate
- Listen without interrupting or engaging in side conversations
- Respect the host’s guidance in keeping the group focused and on track
- Maintain confidentiality – what is shared in the group stays in the group

If you have sensitive concerns, please use discernment and speak privately with the leader if needed

## Support our Mission

Sinking Deep Ministry is a nonprofit organization providing free Bible studies, resources, and ongoing support for women and churches nationwide. This is made possible through the generosity of our hosts and participants.

If you’ve been blessed by your group experience, we invite you to prayerfully consider making a one-time gift or becoming a monthly donor to Sinking Deep. You don’t just give to Sinking Deep—you give through Sinking Deep to help further our mission of connecting women to God and to one another.

To give, please visit the “Donate” tab on our website.