



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 our 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

"Take delight in the LORD, and he will give you the desires of your heart." Psalm 37:4. We cannot have a group without individuals. YOU are a valuable part of this group and God has called you to be here today! God wants to bless you as you come to meet Him AND to bless others through you. Each week we will gather together and follow a simple structure designed around biblical principles, much like the ones practiced in the early church described in the book of Acts. "They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer" (Acts 2:42).

Each week we will gather in community to:

- Meditate on Scripture: Devote ourselves to reading and fixing our minds on God's word.
- Fellowship: We will take turns sharing and listening to what God has individually put on our hearts.
- Breaking of bread: We will not necessarily be practicing communion, but we will be sharing a cup of hot tea or coffee and a light snack we will take turns providing or contributing to.
- Prayer: We look to the Holy Spirit to guide our time by turning to Him in prayer as well as sharing our requests with one another that we may pray throughout the week.

Sinking Deep Guidelines

We must be intentional in our aim to foster an open space where each woman can feel free to share her thoughts and her heart with the group. This can make for a rich experience where we as women learn from one another and grow as we listen to each woman's unique perspective and personal revelations. This will require a few small but important things to keep in mind. Please do your best to commit to these guidelines and pray that we may clothe ourselves in love and compassion for one another.

- We are here to ***support one another***, not to “fix” one another. Our time together during group is a time to listen to one another, not a time to advise or counsel one another.
- Remember to ***respect one another***.
 - Please try and be on time; we want to make sure we can begin and end our session in the allotted time.
 - Be aware of the amount of time you share and aim to keep your turn under 3 minutes. This will allow everyone to have a chance to share.
 - Please do not interrupt another woman when she is speaking and keep all comments to a minimum until everyone has finished sharing.
 - Refrain from cross talking. Cross-talk or whispering is when two individuals engage in a brief side conversation while another woman is sharing.
 - Respect the host! The host has the responsibility of guiding the group back on track when necessary and maintaining the focus and objectives of why we meet.
- ***Anonymity and confidentiality*** are essential. What is shared in the group stays in the group. If you are concerned about sharing something that might be leaked outside the group, use discernment before sharing and speak to the leader privately.

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 only made possible by the generosity of our hosts and participants! If you have enjoyed your group experience, we humbly ask for your prayerful consideration to make a one time contribution or to become a monthly donor to Sinking Deep. You don't just give to Sinking Deep, you give *through* Sinking Deep to further advance our mission of connecting women to God and to one another. Click the “Donate” tab on the website to give!