

Everyday Sanctuary

Small Group Discussion Guide

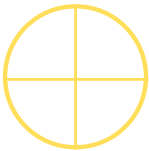
Use this guide to practice Everyday Sanctuary with a small group. Before you begin, it is helpful to have a Lead who prompts through the practice, a Scripture Reader and Timer.

After welcoming each other, invite everyone to open their Everyday Sanctuary mobile app to begin the practice.



Prayer for Presence

Let's begin by praying together this simple phrase that invites God's presence.



Today's Sanctuary Scripture

A Scripture Reader reads today's sanctuary scripture.

The group may discuss

- What spoke to you?
- How does this Word apply to your life?



Deep Breath Prayer

Put your phones away for the remainder of the practice and take 2 or 5 minutes to breathe deeply using the Deep Breath Prayer IN phrase for your inhale and the OUT phrase for your exhale. (Words may be spoken out loud or internally.)



Gratitudes

Share, what have you been grateful for this week?



Today's Prayers

Share, where do you need God to be at work in the week to come?

Close your time together with Group Prayer or The Lord's Prayer.