



Discernment Group

Would you like to be a part of a small group that gives you time and space to be yourself, ask questions, notice God at work in you and around you, and hear His invitations?

This is called Discernment!

Since the beginning of time, God has been inviting us to be people of discernment. *“Listen and hear my voice; pay attention and hear what I say.” Isaiah 28:23 NIV.* Paying attention requires time, reflection and a pause. Hearing God’s gentle whispers can change a decision, an attitude, a dream, a heart, a relationship. My heart is to create spaces for others to hear God’s invitations and discern the next step so that they can be who God made them to be! When we create a holy pause with others, it brings beautiful clarity and a deeper journey with Christ. I invite you to pray about joining a Discernment Group. It might be your ‘best yes’ this year.

The next Discernment Groups will start in September and go through February!!

- **Purpose:** To create space to learn practices of Discernment.
- **Schedule:** I will introduce a discernment practice each month and then we will practice what we have learned together on discernment. First thirty minutes I will teach a discernment practice and the last hour and a half will be for us to practice together what we have learned. This space is for sharing as we learn more about discernment.
 - Week 1-Practice of Pausing
 - Week 2-Practice of Holy Indifference
 - Week 3-Practice of Prayer
 - Week 4-Practice of Silence
 - Week 5-Practice of Solitude
 - Week 6-Practice of Following
- **When:** Once a month for two hours; 6 month commitment (September-February)
- **Group Size:** 3-4 women in a group
- **Where:** In-Person or Zoom (what works best for the group)
- **Time:** Your group will decide on the best time for those in your group.
- **Cost:** Registration fee is \$150.00. Pay in full or \$25.00 a month. Six month commitment. Includes materials.

I would love for you to be a part of a group! To learn more, feel free to reach out at holypause.com or tracietack@gmail.com.