



Day of Discernment

How to Listen to God's Voice

Overview

This experiential retreat day is an ideal way to introduce the practice of spiritual discernment to a congregation. It familiarizes participants with basic components of discernment while drawing them into a more intimate relationship with God and one another.

Intended Audience

This program is appropriate for any congregation, no matter how big or how small. It also is suitable for any cluster of spiritual seekers.

Summary of Content

Over the course of the day, each participant is able to seek God's guidance around an individual issue of concern—perhaps a difficult personal relationship or a problem at work; maybe reordering their priorities or resolving a moral or ethical dilemma. There is a gentle flow back and forth between solitude and community. There are opportunities to go off alone for creative meditation activities and times to share reflections in a small group setting. It is an occasion to deepen the bonds of Christian community.