

A Discernment Conversation Guide

For Those Considering
Soul Coaching



Opening Prayer

Holy and gracious God,

As I pause in this moment, I come just as I am.

I bring my questions, my uncertainty, my hope, and my weariness. I bring what feels heavy, and I bring what feels tender. I bring the parts of me that are searching and the parts of me that are afraid.

Quiet my racing thoughts. Soften my guarded heart. Gently draw me into your presence.

Help me to listen deeply, not only with my mind, but with my body, my spirit, and my soul. Give me patience with the unfolding. Give me courage to face what rises. Give me grace to trust the slow work of your Spirit.

Meet me here, O God, in this holy pause.

Amen.



Welcome, a Soft Place to Begin

If you are holding a decision, question, transition, or uncertainty, you are not alone.

Discernment is rarely about finding quick answers. More often, it is about learning to listen deeply, notice gently, and trust that God is already at work in the quiet spaces of our lives.

This guide was created as a gentle companion for that holy listening.

You are invited to move slowly. To breathe. To reflect. To trust the wisdom of your own lived experience and the presence of God who walks with you.

What This Guide Is

This Discernment Guide is a prayerful resource designed to help you:

- Slow down and become more present
- Clarify what you are truly carrying
- Listen for God's quiet invitations
- Reflect honestly and compassionately
- Notice where peace, resistance, fear, or hope may be stirring

It is not a formula, a checklist, or a tool for certainty.

It is an invitation into sacred attention.

What This Guide Is Not

This guide is not meant to:

- Pressure you into decisions
- Rush your process
- Offer quick fixes
- Tell you what you should do

Discernment unfolds in its own time. This space honors that gentle pacing.

How to Use This Guide

You may choose to work through this guide:

- In one quiet sitting
- Slowly across several days
- With a journal
- In prayer
- During a walk
- Over a cup of coffee

There is no right way.

Let your breath, your body, and your spirit guide the pace.

A Gentle Flow for Discernment

This guide invites you into a simple rhythm:

- 1. Arrival** - Becoming present to your body, breath, and heart
- 2. Naming** - Gently identifying what you are holding
- 3. Listening** - Attending to your inner movements, questions, and longings
- 4. Reflecting** - Noticing patterns, emotions, and insights
- 5. Trusting** - Releasing the need for certainty and opening space for grace

Gentle Breath Prayer

Take a moment to settle into a comfortable position.

Place your feet on the floor. Let your shoulders soften. Rest your hands gently in your lap.

Breathe in slowly through your nose... and exhale gently through your mouth.

As you breathe, allow these simple words to guide your prayer:

Inhale: Be still.

Exhale: God is near.

Again:

Inhale: Be still.

Exhale: God is near.

One more time:

Inhale: Be still.

Exhale: God is near.

Rest here for a few breaths, allowing your body and spirit to settle into God's quiet presence.

Soul Pause

Before moving on, pause for a moment and simply notice:

What feels loud inside you right now?

What feels tender?

What feels tired?

Without judgment or fixing, allow yourself to simply notice what is present.

You do not need to rush yourself toward clarity.



Questions for Gentle Reflection

You may want to read these slowly.

You may want to journal.

You may want to sit with just one.

There are no right answers.

- What do I notice in my body as I pause right now?
- What am I truly carrying in this season?
- Where do I sense peace? Where do I feel resistance?
- What invitation might God be gently offering me?
- What would compassion toward myself look like here?
- What feels safe to release into God's care?
- What small next step feels gentle and faithful

A Word of Encouragement

You do not need to be more faithful, more certain, or more spiritually mature.

You are already held.

God meets us not in perfect clarity, but in honest presence.

May this guide offer you gentleness, spaciousness, and trust along your way.

If You Long for Deeper Companionship

Sometimes discernment is easier to hold in conversation with someone who can listen gently and walk alongside you.

Individual Soul Care Sessions

Faith-centered space for reflection, listening, discernment, and compassionate support.

Soul Care Circles

Small guided gatherings rooted in grace, reflection, and honest conversation.

There is no pressure here. Only an open door.

You do not need to have everything figured out before you begin.



Soul Pause

Take one slow breath before continuing.

You do not need to solve your whole life today.

Discernment often begins with very small things:

- one honest prayer
- one gentle boundary
- one moment of rest
- one faithful next step

Grace is not rushing you.

Ready to Take a Gentle Next Step?

Book a Soul Care Session

Faith-centered space for reflection, listening, and compassionate support.

Learn About Soul Care Circles

Small guided gatherings rooted in grace, reflection, and honest conversation.

Closing Blessing

Whatever comes next for you, may you move forward gently—with courage, compassion, and trust in the slow unfolding of grace.

“The Lord bless you and keep you.”



With Love and Compassion,

Laura & Sassy

Learn more at [BakingPastor.com](https://www.bakingpastor.com)