



Spiritual Discovery: A Method for Discernment in Small Groups and Congregations

Rev. Catherine C. Tran, Rev. Sandra Hughes Boyd

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Spiritual Discovery is a practical guide for groups desiring a prayerful approach to decision-making. The discernment method developed by authors Catherine C. Tran and Sandra Hughes Boyd begins with the prayer model—a process for guiding prayer in small groups created by Jane E. Vennard. This model brings elements of silence and spiritual reflection to the entire decision-making proceeding. The prayer is followed by a time of thoughtful exploration and discussion, resulting in decision-making that draws on both the spirit and the intellect.

The Spiritual Discovery Method facilitates thoughtful discernment, encouraging groups and individuals to attend to how they make decisions. This book offers step-by-step guidance for practicing the Spiritual Discovery Method, addressing essentials and challenges, while also providing concrete examples illustrating how groups have successfully used this process to enact spiritual growth and change. Tran and Boyd show how the skills that participants develop as they practice the Spiritual Discovery Method can be put to use in the everyday world, ready to be called upon for decision-making in any arena. The Spiritual Discovery Method has proven to be a powerful instrument for achieving positive change, and this book helps readers implement this process in their own lives and communities.

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