



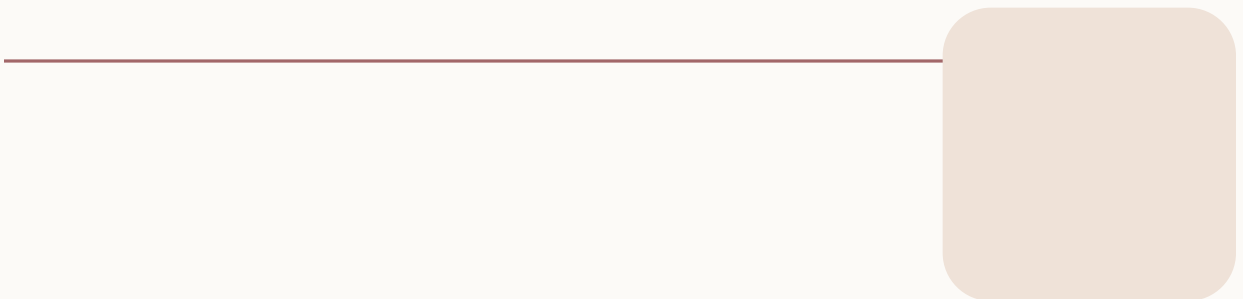
TENACITY4THEJOURNEY

Pray, Pause, Proceed

A Simple Guide to Discerning Your Next Step with God

For the Christian woman who senses that God is doing something new and wants clarity, confidence, and a faith-filled next step.

A warm reflection guide from Coach Connie



A Gentle Invitation

Sometimes you can feel it before you can fully explain it. There is a stirring in your spirit, a holy discomfort, a desire for more, or a quiet sense that God is stretching you into a new season. This guide was created to help you slow down, listen closely, and take your next step with peace.

1. Pray

“If any of you lacks wisdom, let him ask of God...” – James 1:5

Before you look for answers, begin by inviting God into your thoughts, emotions, and decisions. Prayer settles the heart and opens space for discernment.

- What are You showing me in this season?
- What do You want me to release?
- What is my next faithful step?

2. Pause

Clarity often comes when we stop rushing. Pause long enough to notice what has been stirring in your heart. Pay attention to repeated themes, growing burdens, and the places where God keeps drawing your attention.

- Where do I feel both stretching and peace?
- What desire or burden keeps resurfacing?
- What might God be asking me to trust Him with?

3. Proceed

“For we walk by faith, not by sight.” – 2 Corinthians 5:7

You do not need the whole plan in order to move forward. Often, God gives enough light for the next faithful move. Obedience usually begins with one simple step.

- What is one action I can take this week?
- Who can pray with me or encourage me?
- What would it look like to move forward in faith instead of fear?

Journal With the Lord

Use these prompts to reflect honestly and prayerfully. Write without pressure. The goal is not perfection. The goal is awareness, surrender, and clarity.

1.	What season do I believe I am in right now?
2.	What has God been teaching me about trust?
3.	What have I been praying about repeatedly?
4.	What fear may be keeping me stuck?
5.	What would faithfulness look like in this season?

Ready for deeper clarity?

If you are in a season of transition, stretching, or spiritual rediscovery, coaching can help you move forward with intention. Through faith-based coaching, I help Christian women gain clarity, recognize roadblocks, and take their next step with confidence.

Book a Clarity Coaching Session with Coach Connie
Let's talk about where God may be leading you and how to move forward in peace, purpose, and faith.

You are God's handiwork, created in Christ Jesus to do good works. — Ephesians 2:10