

RAISE THE SAILS

Pneumanaut Ministry Practice Guide
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A pneumanaut is a sailor of the Spirit who learns to listen, discern, and respond to the movement of the Holy Spirit within a particular people and place. Use this practice with your ministry team as you enter your community and ask where God is already moving.

1. PRAY | Become Attentive

- Prayer: Holy Spirit, open our eyes, ears, and hearts to your presence among the people and in this place.
- Notice: What is stirring in us as we pray?

2. LISTEN | Listen to Understand

- Practice: Have one meaningful conversation with someone in the community. Ask about their story. What are their hopes and struggles? What matters to them?
- What did we hear?

3. SEE | Pay Attention to Grace

- Look for: People gathering, neighbors caring for one another, relationships being formed, spiritual questions, healings, generosity, belonging, and hope.
- Where do we see signs of God's love?

4. DISCERN | Ask What God Is Doing

- Reflect together: What patterns emerge from what we have heard and seen? Where might the Holy Spirit be inviting our attention?
- We sense God may be...

5. JOIN | Take One Faithful Step

- Ask: "Holy Spirit, how are you inviting us to join you?" Choose one small action step you can take with the people already present.
- Our next faithful step is...

6. GO | Follow the Holy Spirit

- Commit: Who will go and join this journey? When will we return to pray and discern together?
- People and date:

Team Question: What would change in our ministry if we consistently practiced prayer, listening, seeing, discernment, and joining before deciding what comes next?

The wind is blowing, so pay attention. Raise the sails and go where the Spirit is leading!



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The United Methodist Church