

# Spiritual Direction

## Some Answers

What is Spiritual Direction?

Spiritual Direction is an age old practice in which individuals seek out a trusted spiritual guide to accompany them on their journey through life. "Soul friend" or spiritual companion are alternate names for a spiritual guide or director. When all is said and done, we recognize that the Holy Spirit is the spiritual director of all of our lives.



Who seeks Spiritual Direction?

Individuals from all walks of life, of all ages and of many Christian traditions practice this search.



Why do people seek Spiritual Direction?

There might be many answers to this question, but in the long run, the common factor would be a strong desire to know what God is asking and to try to recognize signs of God's presence in the ordinary happenings of daily life.

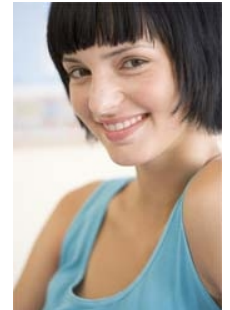
Time spent with a Spiritual Director can be a help to knowing and experiencing God's faithful and unconditional love. We can learn to invite and find God with us in the place where we dwell, in the hidden places of our lives as well as in the rough and tumble of every day life.

How often do people visit with their Spiritual Director?

This varies with individuals and can be tailored to their needs. A common practice would be to visit a spiritual director once a month.

What happens in a Spiritual Direction session?

During a session, the director will spend most of the time listening carefully and attentively to your story, experience of your prayer and your struggles. In a confidential and trusting setting, you will have a chance to talk about your search to know and do whatever God is asking of you in your life.



Have Spiritual Directors received special training?

The answer is yes. This training will have both formal and informal components and Spiritual Directors will continue to prepare for this special task, especially by seeking competent spiritual direction themselves.

How do I find a Spiritual Director?

You will want to check with the Conference head office as more of our people are receiving training to offer this type of care. Also ask your friends if they are seeing a director or know of someone who is.

What happens at my first meeting with a spiritual director?



The first meeting with your Director will be exploratory in nature. It will help both you and the director to discern whether further meetings would be helpful.

Does Spiritual Direction cost anything?

Some Directors do charge for appointments. It may be a flat hourly rate or it may be on a donation basis, or it may be free to you. This should be communicated with you during the first, exploratory meeting.

When Jesus turned and saw them following, he said to them, 'What are you looking for?' They said to him, 'Rabbi' (which translated means Teacher), 'where are you staying?' He said to them, 'Come and see.' They came and saw where he was staying, and they remained with him that day. John 1:38,39