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# SPIRITUAL DIRECTION

## WHAT IS SPIRITUAL DIRECTION?

Spiritual direction is the art of Christian listening, a sacred relationship in which a director helps someone to uncover and discover the direction of God in their lives. A spiritual director has been called by God and the community and trained to companion another person, listening to that person's life story with an ear for the movement of the Holy Spirit.

## WHY SEEK SPIRITUAL DIRECTION?

God speaks to us in our relationships, our work, our prayer, our challenges and dilemmas--so that is the material for spiritual direction. Maybe you have a serious issue for discernment or are going through a transition. Possibly you are feeling dry in your prayer and would like to explore that with someone. You may want someone to walk with you--someone to help you be faithful to your spiritual commitments. Maybe you just want to grow closer to God.

## HOW OFTEN SHOULD YOU MEET WITH A SPIRITUAL DIRECTOR?

Usually you meet once a month for an hour or so. Sometimes this can be a onetime only meeting or continue for years.

## IS IT DIFFERENT FROM PASTORAL COUNSELING?

Yes. Pastoral Counseling assumes the person is experiencing a difficulty, problem, or issue that is preventing them from living a healthy life. Spiritual direction assumes that the person is already whole, but looking for growth.