



SPIRITUAL DIRECTION

Imagine someone really listening to you, helping you get perspective, pray and decide better about your life.

What is Spiritual Direction?

Spiritual direction is best described as listening with one's heart; a spiritual director can listen beyond the words to help you discover what's really going on. Trusting in a good listener can help you move and grow, like having a close and reliable friend.

People normally see a spiritual director about once a month for an hour, although shorter weekly meetings may also be an option. Spiritual direction is a space to talk about life and faith, joys and sorrows, to see how well we are living the love that God has given us. Often it involves turning faith into good decisions and choices.

Spiritual Direction is an old tradition in the Church, St. Ignatius Loyola used it very effectively to help people live their faith in new and vibrant ways.

Why do people seek Spiritual Direction?

Sometimes another person can see much easier how to help us live our faith better. Often past situations, events or attitudes may block our openness to experiencing God's love now. Being listened to allows us to gently and prayerfully explore blocks, see ourselves in the light of God's love and discover new ways of living this love.

The spiritual director is like a sounding board, helping us to uncover God's intimate presence in our life experience, even in the 'mess' of it, and learn how to see God in all things. It is really about knowing Christ, God with us, in the bits and pieces of our lives; this changes everything.

The spiritual director is a resource, an open ear, rather than an authority who will give advice. It is not counseling, problem-solving, advice giving, catechesis, or academic debate. Together you can uncover God's will for you.

What might you experience with Spiritual Direction?

- Imagine a chat with a best friend, or even how you might speak to Jesus himself. The process is gentle, informal, and open ended. Your time spent with your spiritual director is completely about you and for you.
- Spiritual direction is not counseling or psychotherapy.
- You will be encouraged to take small, simple decisions. You may be asked questions that invite you to stretch and grow. Bible texts are often used.
- You will be offered the gift of hospitality in a safe physical and spiritual place.

Is Spiritual Direction right for you?

- Are you experiencing a new sense of God in your life?
- Are you feeling distant from God?
- Are you facing an important decision or life choice?
- Are you facing a change or transition and need clarity?
- Are you feeling fragmented, out- of-touch, fearful, angry?
- Have you lost interest in life and things that once brought you joy?
- Is your faith and work feeling more burdensome than life-giving?

“A spiritual director is a person with whom you can talk about your experience of God, both in prayer and in the rest of your daily life. It is never easy to talk about what is most personal to us – who and how we love, where we have struggled or been hurt in our lives, our deepest hopes, fears and dreams, our relationship with God, but the results of such conversations are tremendous.”

- Ignatian Spirituality Centre, Seattle.

Contact

To request an appointment contact:
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All Spiritual Directors are fully trained and certified and operate under peer supervision.