



## Spiritual Direction

### What is spiritual direction?

Spiritual direction is a practice of listening, with a companion, for the voice and movement of God in your life.

### Why might I meet with a spiritual director?

- To listen for God's Spirit and direction in your life
- To be encouraged by a supportive companion
- To wrestle with questions (about God, faith, identity, etc.)
- To learn to pay attention to the movement of God in your life in an intentional way
- To discern God's guidance in a season of transition or discernment

### How does spiritual direction compare to meeting with a pastor, therapist or mentor?

Spiritual Direction is an ancient practice that has a long honored place in Christian history. Its roots go back to the New Testament, continue through the early church and on through a spiritual lineage of apostles and bishops. A spiritual director is not focused on solving problems or giving advice but helps you to become more aware of God's presence and movement in your life.

### How often does a person meet with a spiritual director?

Usually once a month. For some, meeting with a spiritual director may be for a season and for others it may be adopted as a regular spiritual practice.

### Where can I learn more about spiritual direction?

- "Got your Spiritual Director Yet?" in Christianity Today, published April 1, 2003 by Chris Armstrong & Steven Gertz (access full article online)
- *The Practice of Spiritual Direction*, William A. Barry
- *Holy Listening: The Art of Spiritual Direction*, Margaret Guenther
- *Spiritual Direction and the Care of Souls: A Guide to Christian Approaches & Practices*, Gary Moon and David Benner
- *Candlelight: Illuminating the Art of Spiritual Direction*, Susan S. Phillips

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