

Spiritual Direction: A Simple Definition and Overview

Spiritual Direction is a sacred practice in which a trained spiritual director walks alongside another person to help them notice, understand, and respond to God's presence in their life. Rather than giving advice or counseling, the director listens deeply, asks reflective questions, and creates space for the person to discern how God is speaking and moving in their spiritual journey.

Key Elements of Spiritual Direction

- Listening for God – The focus of spiritual direction is helping someone notice how God is present and active in their life.
- Sacred Conversation – Sessions are built around prayerful listening, reflection, and open conversation.
- Discernment – The director helps the individual recognize movements of grace, guidance, and spiritual growth.
- Confidentiality – Spiritual direction sessions are held in a safe and confidential environment.
- Spiritual Growth – The goal is a deeper relationship with God and greater awareness of His presence.

Purpose of Spiritual Direction

Spiritual direction is not therapy, coaching, or Bible teaching. Its purpose is to create a quiet, intentional space where individuals can slow down, reflect, pray, and become more attentive to God's voice. Through this process, many people experience healing, clarity, renewed faith, and a deeper intimacy with God.