

Spiritual Direction Practice Guide

A Companion Workbook for Listening to God

I am a student of **Sustainable Faith** and am currently being trained through their **two-year Spiritual Direction Certification Program**.

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What Is Spiritual Direction?

Spiritual direction is a sacred conversation that helps a person notice and respond to the presence of God in everyday life. A spiritual director serves as a prayerful companion who listens deeply and asks reflective questions that help individuals recognize how God may be speaking through Scripture, prayer, life experiences, and the movements of the heart. The goal of spiritual direction is not advice or counseling, but deeper awareness of God's presence and guidance.

Confidentiality Covenant

Spiritual direction requires trust and sacred listening. The following covenant helps create a safe and respectful space for spiritual reflection.

Confidentiality Agreement
All personal sharing during spiritual direction sessions will remain confidential.
The spiritual director will respect the dignity, privacy, and spiritual journey of the directee.
Information shared will not be discussed with others without permission except where required by law.
Both participants commit to honesty, respect, and prayerful attentiveness.

Signature (Director): _____

Signature (Directee): _____

Date: _____

Spiritual Direction Session Template

Typical Spiritual Direction Session Flow: 1. Opening Prayer – Invite God's presence. 2. Reflection – Directee shares recent spiritual experiences. 3. Listening – Director listens and asks gentle reflective questions. 4. Silence – Pause to notice the movement of the Holy Spirit. 5. Discernment – Reflect together on what God may be revealing. 6. Closing Prayer – Offer the session back to God.

Session Notes

Scripture Meditation

Use these pages to slowly read Scripture and listen for God's voice. Practice reading the passage several times and notice words, phrases, or movements of the Spirit that draw your attention.

Psalm 46:10 – Be still and know that I am God.

Meditation Notes

Meditation Notes

John 15:4 – Abide in me, and I in you.

Meditation Notes

Meditation Notes

Romans 12:2 – Be transformed by the renewing of your mind.

Meditation Notes

Meditation Notes

Closing Prayer

Lord, quiet my mind so I may hear Your voice. Open my heart to Your presence and guide me by Your Spirit. Help me grow in trust, wisdom, and deeper intimacy with You. May my life reflect Your love and grace each day. Amen.