

## What To Bring To Direction

Direction is about what is happening in your Spiritual Life and that often comes from your prayer! The kinds of things your director wants to know:

What were your experiences during your prayer time?

What went on between God and you during your prayer time?

How were you affected by your prayer?

What were your reactions, impulses, feelings?

Was there anything special about prayer?

How did you find your prayer? Easy? Difficult? Exciting? Boring?

Did you have to push yourself to stay in prayer?

**When you come to direction, come with:**

- \* An Open Heart
- \* Honesty  
(with yourself & your Director)
- \* Expectant Attitude
- \* Patience
- \* Humility
- \* Trust

## Prayer

Prayer with Scripture opens us to how God is working in our lives!

This of course makes it a good daily practice. Below are some steps that might help as you get started praying with Scripture.

### How to Pray with Scripture:

- ⇒ Read the passage slowly.
- ⇒ Read it twice—once for your head and once for your heart.
- ⇒ Notice what word, phrase or sentence gets your attention.
- ⇒ Ponder that for a while.
- ⇒ Notice what you are feeling more so than what you are thinking.
- ⇒ Talk with God about this; be honest in the conversation.
- ⇒ Let God know what you desire, want or hope.
- ⇒ What might God be inviting you to in all of this?
- ⇒ Follow this prayer time with Journaling. Be sure to journal how you felt during your prayer time. This will be important as you go back to review how God is speaking to you in prayer.

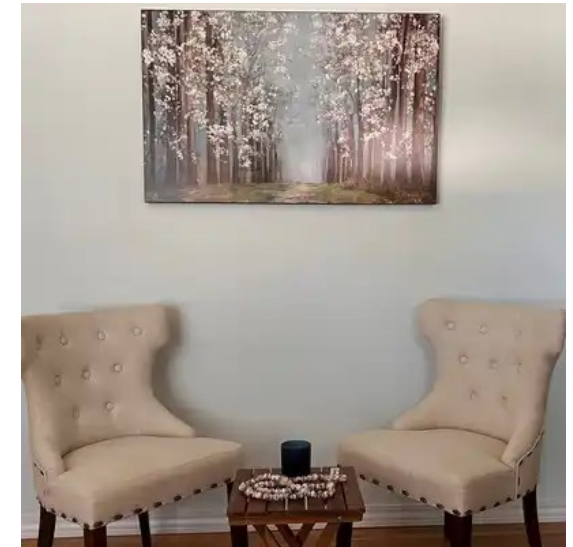
## Spiritual Direction

Your Journey

into a

Deeper Relationship

with God



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Spiritual Direction ~ Prayer ~ Retreats  
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## What is Spiritual Direction

Spiritual Direction is a discipline that helps us grow in our relationship with God through prayer.

Spiritual direction helps us become aware of the ways in which we cooperate with, ignore, or in some cases actively hinder the Holy Spirit's work within us. It invites us to grow, calls us to conversion, and facilitates a deeper relationship with God and others.

A spiritual director listens and gives feedback about what he or she is hearing and sensing about the movement of the Holy Spirit in the directee's life.

The feedback is to help the directee become more open to the prompting of the Holy Spirit in the everyday events of their life. This feedback is for the directee's consideration only; directors do not tell directees what to do.

Through this process, the directee usually enters or deepens a life of prayer, seeking God's will in their life.

This is a Trinitarian Relationship. The director, the directee and God come together. The director companions, or walks with, a directee and together we draw closer to God.

## Direction Sessions

- \* Spiritual Direction sessions typically will occur once a month and last approximately one hour.
- \* Sessions are always confidential.
- \* Meetings take place in a safe and quiet environment.
- \* Director adheres to ethical guidelines set forth by Spiritual Directors International.

## Spiritual Directors

It is important to understand that God is THE Director of all Spiritual Direction relationships. Spiritual Directors do companion and journey with you and ideally they should:

- \* Be certified in the Ministry of Spiritual Direction after receiving formal training & practicum.
- \* Meet regularly with their own Spiritual Director.
- \* Be accountable to a qualified Supervisor.
- \* Receive on-going continuing education.
- \* Be a person of prayer who attends one or more silent retreats per year.

## Got it. Now what do I do?

Well, how about pray? It's really the first step. Take some time for yourself, find a quiet place and invite God to come and be with you. While listening to your heart, ask God if he is inviting you into direction.

If you feel like the answer is yes, or even if you are unsure; contact one of the Spiritual Directors on our website to set up an initial meeting.

## Fees & Accountability

St. Ignatius of Loyola teaches that all is "gift." Everything we have has been given to us by God. The ministry of Spiritual Direction is a gift; as such, we respond to God by "giving back" in gratitude for the gift of Spiritual Direction.

Each director determines their own fee schedule. The stipend is usually discussed at the first session.

Don't let a stipend keep you from reaching out. Trust that God always provides.

*"... my God will fully supply whatever you need, in accord with his glorious riches in Christ Jesus" Phil 4:19*