

Spiritual Direction

Discover deeper meaning, purpose, and connection on your sacred journey through life

What is Spiritual Direction?

A sacred relationship focused on helping you discern and respond to God's presence in your life

A Journey of Sacred Listening

Spiritual direction is a contemplative relationship between two people—a director and directee—centered on helping you notice and respond to God's movement in your life. Unlike therapy or counseling, spiritual direction focuses specifically on deepening your relationship with the divine.

Through holy listening, thoughtful questions, and prayerful reflection, spiritual direction creates space for you to explore your spiritual experiences, discern God's invitations, and grow in spiritual awareness and responsiveness.

At its heart, spiritual direction is about:

- ✓ Deepening your relationship with God
- ✓ Discerning divine movement in daily life
- ✓ Growing in spiritual awareness
- ✓ Responding more fully to God's invitations
- ✓ Navigating spiritual questions and experiences

Why Seek Spiritual Direction?

Discover the transformative benefits of sacred companionship on your spiritual journey

Deepen Your Prayer Life

Explore new ways of connecting with God and discover how prayer can become more meaningful and transformative in your daily life.

Navigate Life Transitions

Find God's presence and guidance during major life changes, helping you discern your path forward with clarity and peace.

Experience Sacred Companionship

Journey with someone trained in the art of holy listening who can help you recognize God's movement in your unique story.

Grow in Spiritual Awareness

Develop a deeper sensitivity to how God is present and active in your everyday experiences and relationships.

Find Peace in Uncertainty

Learn to trust God's presence even in times of spiritual dryness, doubt, or confusion, finding peace in the mystery.

Discern Your Calling

Explore how God might be inviting you to respond in your relationships, work, service, and personal spiritual practices.

How Spiritual Direction Works

A gentle, contemplative process focused on listening for God's movement in your life

1

Initial Conversation

We begin with an exploratory meeting to discern if spiritual direction feels right for your current season and spiritual needs.

2

Regular Meetings

Typically monthly sessions provide consistent space for reflection, sharing, and listening for God's presence in your life.

3

Sacred Listening

Through contemplative conversation, we pay attention to your spiritual experiences, prayer life, and sense of God's movement.

4

Prayerful Reflection

Sessions include silence, prayer, and reflection, creating space for deeper awareness and spiritual insight to emerge.

Frequently Asked Questions

Common questions about spiritual direction and what to expect

Do I need to be deeply religious or have extensive spiritual experience?
How is spiritual direction different from therapy or counseling?
What happens during a typical spiritual direction session?
How often do people meet for spiritual direction?
Will you tell me what to do or give me spiritual advice?

Ready to Begin?

Take the first step on a deeper spiritual journey. Let's explore together how God might be inviting you to grow.

[Schedule a Conversation](#)

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