

# Year 1 - Session 1

- What is Spiritual Direction?
- Distinctions Between Spiritual Direction & Other Helping Ministries
- Application

Center for Spiritual Formation  
Ministry of Spiritual Direction Training

Rev. Laura Baber, [rhythmsofrestoration@gmail.com](mailto:rhythmsofrestoration@gmail.com)



# An Invitation to The Art of the ?

Can you...

- × Enter into quiet & let the questions about today's work or this training arise?

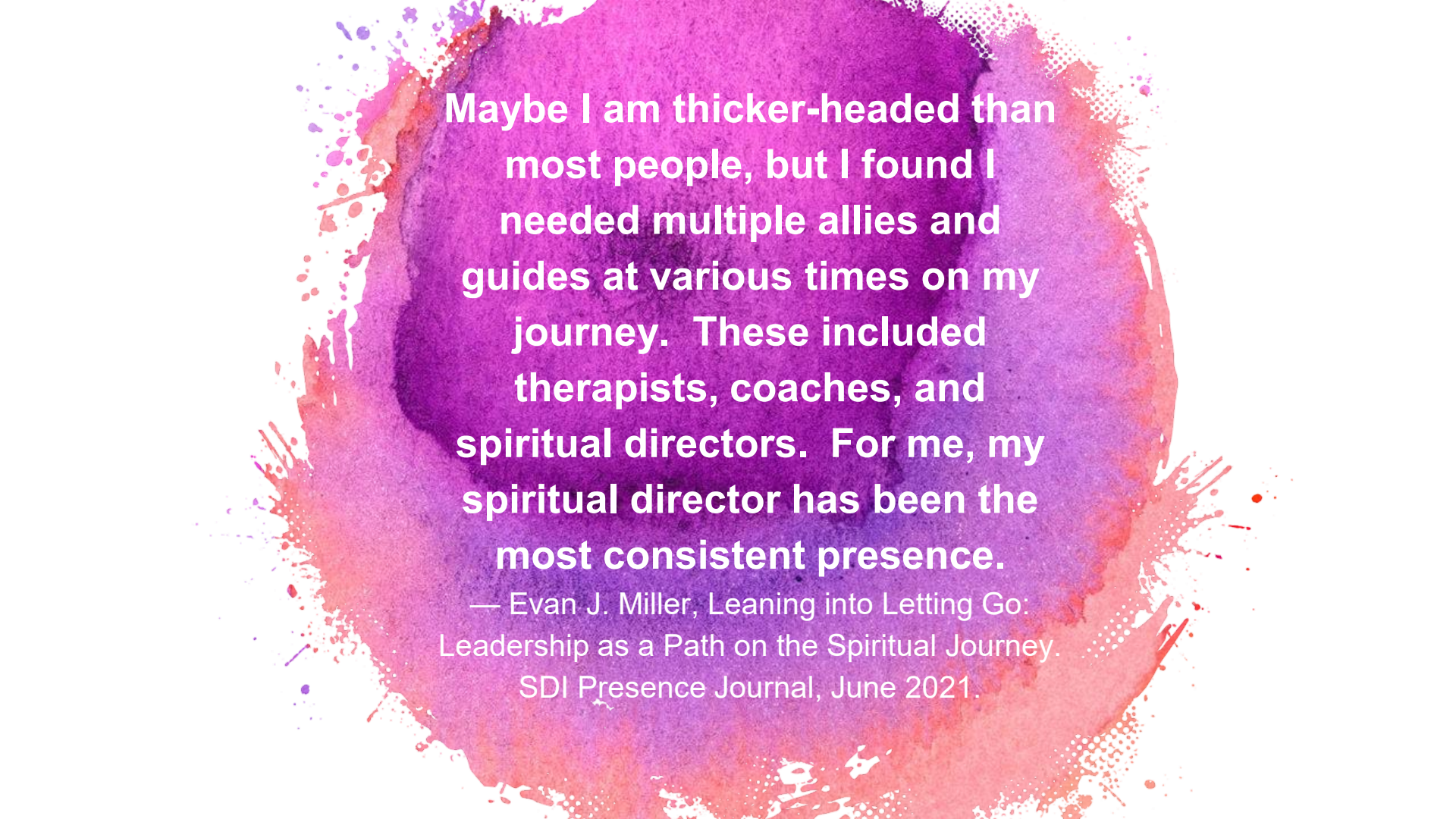
Without self editing:

Write them down.

Without judgment:

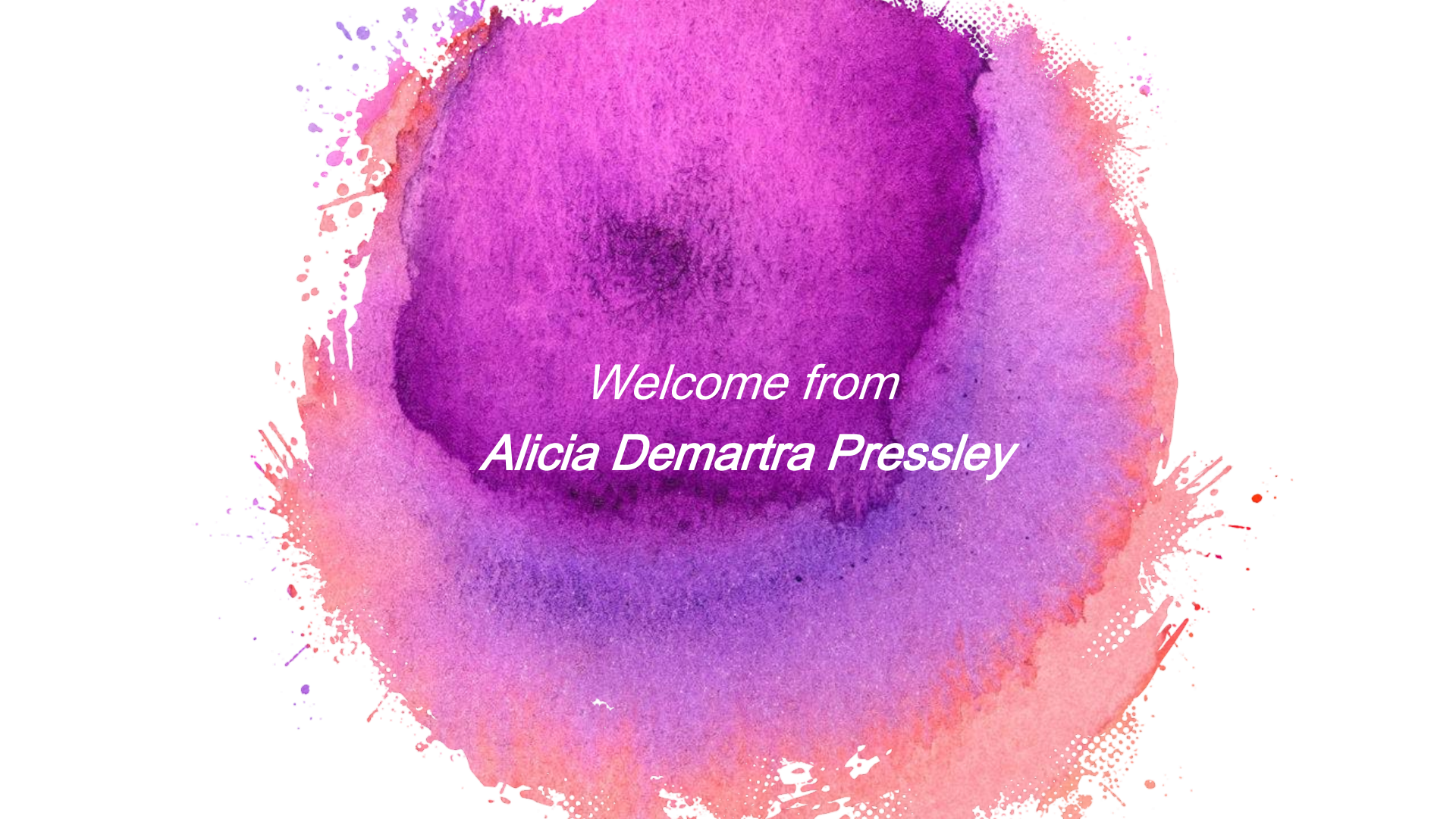
- × Notice any that are fear based.
- × Notice any that are intellectual curiosity.
- × Notice any that are from deep in your soul.






**Maybe I am thicker-headed than most people, but I found I needed multiple allies and guides at various times on my journey. These included therapists, coaches, and spiritual directors. For me, my spiritual director has been the most consistent presence.**

— Evan J. Miller, *Leaning into Letting Go: Leadership as a Path on the Spiritual Journey*.  
SDI Presence Journal, June 2021.



*Welcome from  
Alicia Demartra Pressley*



*Meet a few of your allies in this class.  
Introduce yourself and share with your  
small group one thing you just noticed  
in the quiet.*

*What do you hear them saying?  
Can you let their words sink from your  
head to your heart?*

A large, textured watercolor splash in shades of purple and pink dominates the center of the image. The splash has a mottled, organic appearance with darker purple tones in the upper center and lighter, more vibrant pink and magenta tones towards the edges. The background is white, and the splash's edges are irregular and feathered, with some smaller, scattered splatters of the same colors around the main shape.

*Welcome from  
Elizabeth Peterson*

# The Work of SD is...

Centered in our connection with  
God/Divine/Spirit/Source/Holy/Presence  
and the practice of maintaining that connection as  
we engage with others.

Awakening to transcendence can be a helpful  
descriptor



# Start Collecting...

*Begin collecting definitions & topical information in a notebook or one place where you can process them later in the training program.*

# The Quest of A Pilgrimage

## Begin collecting soul questions, like:

I wonder...

- × What did this touch in you?
- × Where is your soul stirring?
- × How did you avoid being present?
- × When have you experienced these feelings before?
- × In this place of need, what do you need?
- × What does your heart desire?
- × What does your inner truth tell you about this desire?
- × --Excerpted from Appreciative Inquiry Article by Karl Ruttan, SDI Presence Journal, March, 2017.



# The Quest of A Pilgrimage

## Begin collecting soul questions, like:

- × What questions did Jesus ask?
  - **Who is it you want? (John 18:4,7)**
  - **What do you want me to do for you? (Mark 10:51)**
  - **What is your name? (Mark 5:9)**
  - **Why did you doubt? (Matthew 14:31)**
  - **What do you think? (Matthew 21:28)**
  - **Why are you crying? Who is it you are looking for? (John 20:15)**
  - **Do you want to get well? (John 5:6)**
  - **Why are you troubled, and why do doubts rise in your minds? (Luke 24:38)**



# The Quest of A Pilgrimage

## Begin collecting descriptions:

**Spiritual Formation:** the process and practices by which a person may progress in one's spiritual life.

**Spiritual Direction:** the practice of being with people as they attempt to deepen their relationship with the [divine](#).



# Spiritual Formation

At the heart of spiritual formation is becoming aware that God is everywhere and learning to practice his presence and yield to his transforming grace.

*--Spiritual Direction and the Care of Souls: A Guide to Christian Approaches and Practices*

# Spiritual Direction

We [Barry & Connolly] define Christian spiritual direction, then, as help given by one believer to another that enables the latter to pay attention to God's personal communication to him or her, to respond to this personally communicating God, to grow in intimacy with this God, and to live out the consequences of the relationship.

The focus of this type of spiritual direction is on experience, not ideas, and specifically on the religious dimension of experience, i.e., that dimension of any experience that evokes the presence of the mysterious Other whom we call God. Moreover, this experience is viewed, not as an isolated event, but as an expression of the ongoing personal relationship God has established with each one of us.

Barry, William A.; Connolly, William J.. *The Practice of Spiritual Direction* (pp. 8-9). HarperOne.



# COMPARISON OF HELPING RELATIONSHIPS:

## NURTURING MENTAL AND SPIRITUAL HEALTH AND WELL BEING

EXCERPTED FROM [© 2015 Christine Luna Munger Spiritual Direction Certificate Coordinator Saint Catherine University, St. Paul, Minnesota, USA](#)

One-to One Helping Modalities	People involved Who comes? Why?	Goal/Purpose Why stay?	Relational Process What happens?	Techniques How does it work?	Content What to talk about?	Assessment How is it going?	Professionalization
Spiritual Direction	A person who is mentally stable and mature and is seeking the Mystery many name God.	Deepen one's relationship with God; discover, attend to, and savor presence of God every day.	Telling of stories; open responses; silence; waiting; noticing together God's guidance.	Sharing; listening; discernment; and contemplative practices, e.g. prayer, surrendering ego to God's guidance.	Daily life, relationships, deepest desires, struggles, prayer, God's presence and spiritual directee's responses.	Discernment; mutually agreed upon evaluation; deepening of relationship with Mystery many name God.	Potential for fees or exchange of services; variety of training programs; not accredited; professional guild.



# You Are On A Pilgrimage

## Nurture the Practice of Internalizing What You are Learning- Head to Heart

Spiritual Direction is helpful for those seeking a safe place to explore their journey with God. Some call it spiritual mentoring or companioning. The spiritual director listens deeply and asks “soul questions” as they guide individuals into sacred conversations and prayer with the premise that the Holy Spirit is the ultimate guide...

-- Laura Baber

|

# Spiritual Direction

Spiritual direction is a journey of discovering, appreciating, and responding to the presence and invitation of God, In the hope that we can live our lives with a heightened awareness of love and a deeper commitment to love.

-- Tam, Elkman P.C. The Road To Emmaus, A Biblical Rationale for Spiritual Direction. SDI Presence Journal, June 2006



# A Few Things About SD:

3 Chairs

Maturation -  
Awakening to the  
Divine Presence  
Soul questioning  
rather than  
solving/fixing

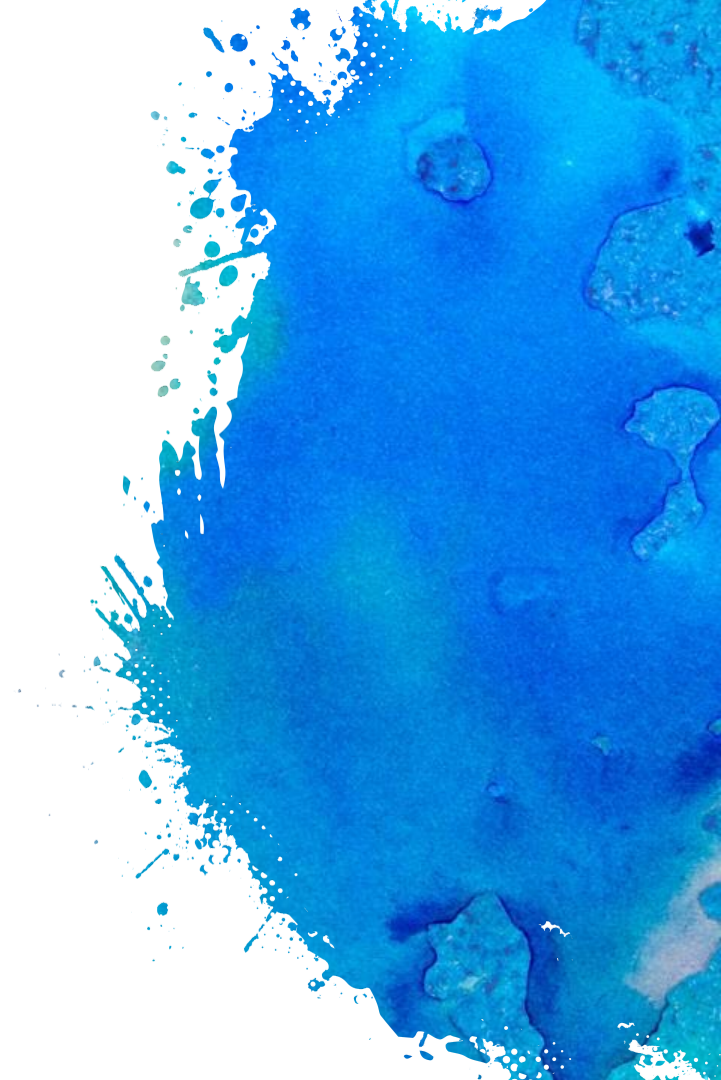
Directee does most  
of the talking/  
praying

Director offers  
hospitality & grace  
from a center of  
peace...out of our  
life practices...



# **DISTINCTIONS BTW SD & OTHER HELPING MINISTRIES**

**Intercessory  
Healing Prayer  
Ministry**



# Intercessory Prayer

Intercessory prayer involves individuals serving as mediators of prayer on behalf of one who is struggling or suffering. Intercessors pray to Christ on behalf of the one who is in need.



The background of the slide is an abstract composition of vibrant blue and teal colors. It features several thick, white, textured brushstrokes that sweep across the scene from the top left towards the bottom right. The colors are layered and blended, creating a sense of depth and movement. The overall aesthetic is modern and artistic.

# Jacqueline Hollowell

MSD Graduate, Experienced  
Intercessor & Prayer Minister

## Healing Prayer

**James** I broke my wrist.

**Kimberly** : I am so sorry.

That must be difficult.

Would you like me to pray for you? May I lay hands on your wrist? May I anoint you with oil?

**James** Yes

**Kimberly** : God I pray healing for James. I pray that every cell in is wrist is knitted together with complete restoration.

James, may you be made whole. In Jesus' name. Amen

## Spiritual Direction

**James** I broke my wrist.

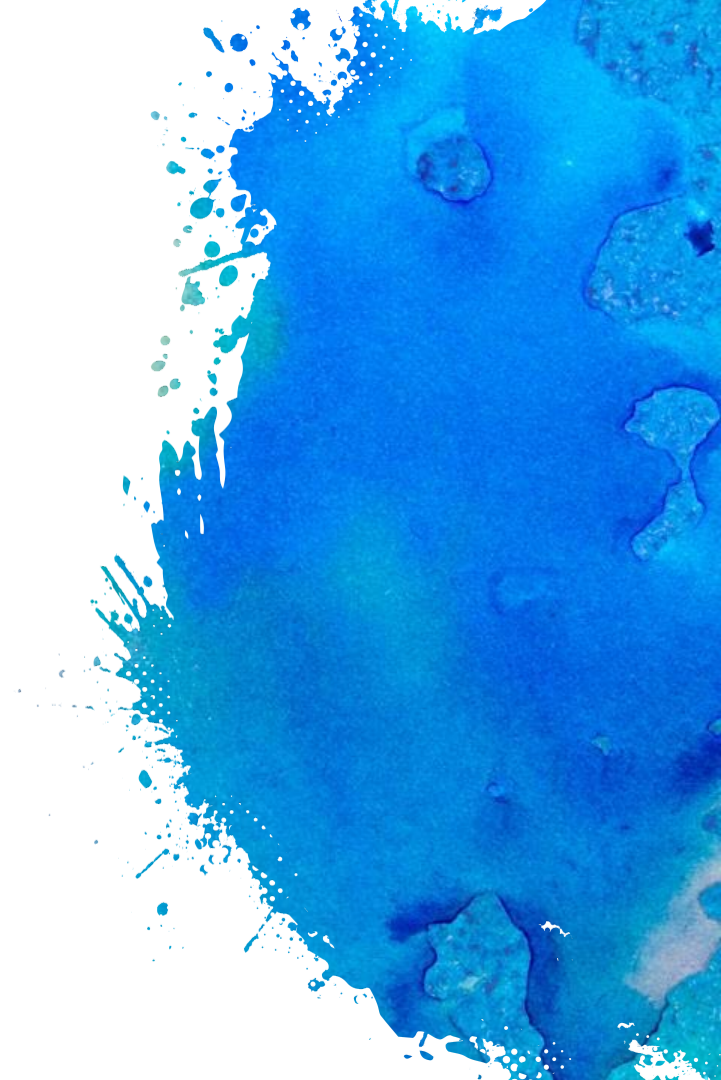
**Kimberly** : I am so sorry. That must be difficult. Would you like to talk about it or pray today?

**James** I think I want to pray.

**Kimberly** : Ok. Let's go to God together. Holy Spirit, teach us how to pray. James, can you offer a prayer about your pain? Something like, "God, if I am honest with you...and then you fill in the rest."

**James** Ok, (pause) Well, God if I am honest with you, this broken wrist is so disappointing I feel like "

# Pastoral Care, Counseling & Spiritual Direction



# Pastoral Care

Pastoral care is generally used as a term referring to the practices pastors do shepherd or care for individuals in their local congregation. For example, some aspects of pastoral care could include hospital visitation, visits to elderly church members, pastoral counseling, prayer with church members, premarital counseling, weddings, funerals, baby dedications, or similar practices.



# COMPARISON OF HELPING RELATIONSHIPS:

## NURTURING MENTAL AND SPIRITUAL HEALTH AND WELL BEING

EXCERPTED FROM [https://souladventure.weebly.com/uploads/1/0/2/7/10272977/comparison\\_of\\_helping\\_fields.pdf](https://souladventure.weebly.com/uploads/1/0/2/7/10272977/comparison_of_helping_fields.pdf)

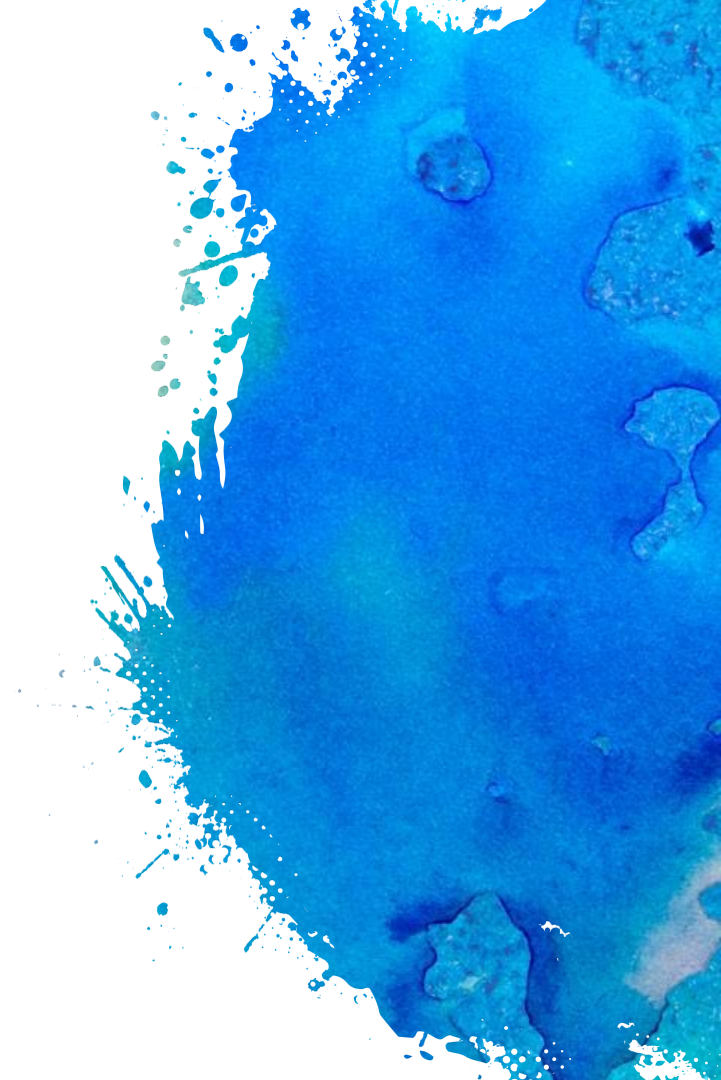
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<b>Pastoral Care</b>	A mentally stable parishioner or member of a congregation in need of specific pastoral services	To receive spiritual support in a time of need, transition, and growth.	Clergy or spiritual leader offers a service; parishioner receives spiritual benefits.	Depends on the service needed. Ex: house visit, sick, visit, liturgical service, programs, etc.	Revolves around the specific life events of the service being offered.	Formal methods like boards, elders, bishops, etc., depends on the community.	Fees for services, not for visits; training usually in seminary; oversight depends on denominational structure

# Rev. Tina Whaley

MSD Graduate, Retired United  
Methodist Elder



# Psychological Counseling & Spiritual Direction



# COMPARISON OF HELPING RELATIONSHIPS:

## NURTURING MENTAL AND SPIRITUAL HEALTH AND WELL BEING

EXCERPTED FROM [https://souladventure.weebly.com/uploads/1/0/2/7/10272977/comparison\\_of\\_helping\\_fields.pdf](https://souladventure.weebly.com/uploads/1/0/2/7/10272977/comparison_of_helping_fields.pdf)

One-to One Helping Modalities	People involved Who comes? Why?	Goal/Purpose Why stay?	Relational Process What happens?	Techniques How does it work?	Content What to talk about?	Assessment How is it going?	Professionalization
Psychological Counseling	A mentally stable person with a specific problem seeing help finding a solution	Alleviate pain and disorder, resolve inner conflicts, and promote growth and integration	Talking; analysis; often learn “through” relating with the counselor	Get “under” the issues; teach or model techniques; problem solving, challenging	Relationships; life experience related to areas of pain, shame, and guilt; discover places for healing	Developmental comparison to others in similar stages; increase in person freedom, independence	Usually involves fees; academic training programs; certification monitored by state and national standards



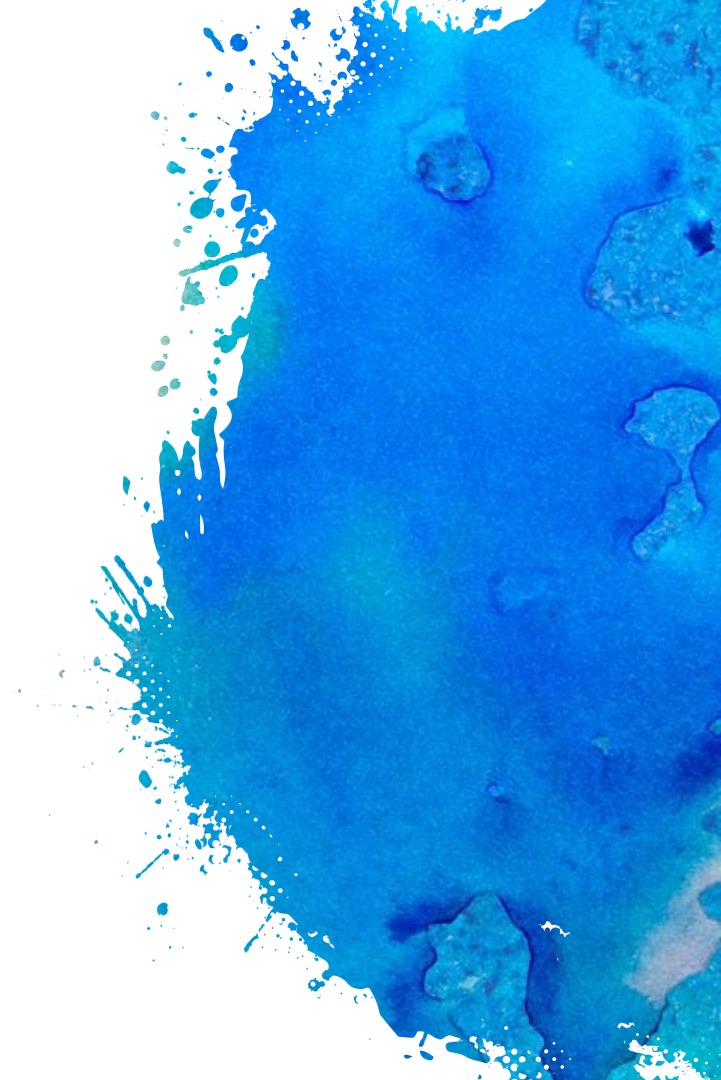
# Kathy Milans

MSD Graduate, Spiritual  
Director and Retired Pastoral  
Counselor

<https://pathoflifeministry.org>

# Spiritual Direction and 12-Step Sponsorship

Article by Paula A. Ferris, SDI Presence Journal,  
March 2018



# COMPARISON OF HELPING RELATIONSHIPS:

## NURTURING MENTAL AND SPIRITUAL HEALTH AND WELL BEING

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One-to One Helping Modalities	People involved Who comes? Why?	Goal/Purpose Why stay?	Relational Process What happens?	Techniques How does it work?	Content What to talk about?	Assessment How is it going?	Professionaliz ation
Psychotherapy (abnormal psych)	A mentally unstable person; unable to function	Get back to -- or achieve-- healthy functioning; recover from trauma	Depends on form of therapy; return to stability and functioning	Will vary depending on the school of practice, e.g. psycho-somatic, shock, hypnosis	Life dimensions related to the problem	Diagnosis by skilled practitioner	Usually involves fees; specialized training programs; certification monitored by state and national standards.

“Many people who have suffered from trauma struggle with both trusting God and feeling shame. With compassionate listening and gentle exploring, you can help them discover what they really do believe about God and themselves and how manifestations of the trauma block their relationship with God, self, and others. There is hope for survivors of trauma. I have experienced God’s loving transformation in my life and witnessed this in others. May God be with you as you journey with trauma survivors.”

--From the article in SDI Presence journal: Spiritual Direction with Trauma Survivors by Anne Richardson, Sept. 2019



Spiritual directees have historically come to spiritual directors with intimate experiences that could be judged as hallucinatory or psychotic but that could also be spiritually inspired inner mystical experiences.

--Marie Grace Brook, *Spiritual Direction for Spiritual Emergencies*. SDI Presence Journal, June 2021



# Pastoral Counseling

Pastoral counseling "is a unique form of counseling which uses religious and spiritual resources sources as well as psychological understanding for healing and growth" (ibid.), and as such it overlaps much with spiritually oriented counseling and psychotherapy

--Spiritual Direction and the Care of Souls: A Guide to Christian Approaches and Practices (Kindle Locations 266-2664). Kindle Edition.



# COMPARISON OF HELPING RELATIONSHIPS:

## NURTURING MENTAL AND SPIRITUAL HEALTH AND WELL BEING

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One-to One Helping Modalities	People involved Who comes? Why?	Goal/Purpose Why stay?	Relational Process What happens?	Techniques How does it work?	Content What to talk about?	Assessment How is it going?	Professionalization
Pastoral Counseling	A mentally stable person with areas of dysfunction who seeks a faith perspective	Facilitate growth, personal integration, and freedom of choice through increased self knowledge and awareness of God's healing with in a faith context.	Talking, getting it out; advice giving; support; resolving issues; client and counselor discern faith meaning together.	Understand the source of the issues; provide techniques and ideas for how to become more free; model healthy interactions between client and counselor.	Relationships; life experience related to areas of pain, shame, and guilt; discover God's presence in the healing process.	Increased sense of freedom, independence.	Fees might be covered by parish or by person; academic training programs; accredited institutions offer training.



# Beth Knight

Pastoral Counselor &  
Spiritual Director

<https://bethknightministry.com>

# When to refer?

Causing Harm to themselves or others.

Repressed trauma.

Deep anxiety.

Trauma trapped in one's body.

Addictions

Depression

-- From the article in SDI Presence journal: Spiritual Direction with Trauma Survivors  
by Anne Richardson, Sept. 2019



# Whom to refer to?

Begin building a list of people whom you can refer others to:

Spiritual Directors with niches

Therapists

Crisis centers

Recovery programs etc.



# Take a look at your questions from this morning.

Are there any that you want to bring to the community?





**Application**

# Scenario:

**John:** I am planning to retire in a few years and I want to prepare. I have have been a pastor for over 3 decades.

**Director :** Can we sit in the quiet for a moment?

... What are you longing for in this transition?

...What are you afraid of?

**John:** Well, I am longing to do this with integrity and not cause harm. I am realizing I don't know who I am outside of my work. I mean I know the correct answer, but I don't think it is honest.

- What do you notice in this conversation?
- What do you notice about your inner reaction?
- What soul question would you ask?



# Scenario:

**Annette** : When my pastor said I needed to lay down my life, I felt so guilty because I have these dreams and longings. I feel selfish for wanting more out of life.

**Director** : Can you tell me about those dreams and longings?

**Annette** : (Softly) I have never spoken them out loud. I am afraid they won't please God.

- What do you notice in this conversation?
- What do you notice about your inner reaction?
- What soul question would you ask?



# Scenario:

**Director :** Sue I have noticed that when we talk or pray about God, you return to the story about your Father's anger and your hiding under the bed.

**Sue:** I had not noticed that.

**Director :** I wonder if you could talk about this a little more.

**Sue:** (Weeping and in a childlike voice) I don't understand why Daddy had to be so mean to Momma and my sister and brother.

**Director :** I wonder what your notice when you think about your earthly father and God? Can you sit in the quiet with this? ... What do you become aware of?

**Sue:** I think they seem to be the same voice. I had never made that connection before.

- What do you notice in this conversation?
- What do you notice about your inner reaction?
- What soul question would you ask?

# Scenario:

In the midst of a guided imagery prayer experience, the Directee sees a huge boulder and the boulder does not move. In the prayer, the Directee becomes a little girl and Jesus sits with her at the boulder. For several sessions when the boulder is visited again, the scenario does not change.

- What do you notice in this conversation?
- What do you notice about your inner reaction?
- What soul question would you ask?



# Scenario:

For the 5th session in a row, the Directee has come in weeping and unable to stay focused . When asked a question, the Directee's answer always ricochet to the same scenario. For several sessions, the Director has guided the Directee in prayers of lament. The Directee always goes back to the same pain place without relief.

- What do you notice in this conversation?
- What do you notice about your inner reaction?
- What soul question would you ask?



# Scenario:

**Sarah:** I spent years following faith healing ministries around. But I don't believe that is how God works any more. My son is 50 years old and still an alcoholic. I have prayed all the right ways and he has not been healed.

**Director :** That must be so painful.

**Sarah:** I don't believe God is Santa Claus.

**Director :** What do you believe?

**Sarah:** I am not sure. I when I was a little girl, I felt so close to God playing outside and chasing butterflies.

- What do you notice in this conversation?
- What do you notice about your inner reaction?
- What soul question would you ask?



**What seeds of life  
are being planted  
in your good soil  
from today?**



**May your life be a pilgrimage of holy listening  
as you notice the movement of the Spirit revealing the invitation to  
into the abundant life of God.**

**When you are unsure, may love fill you and dispel fear  
as you step out in faith.**

**May you be present to the sacred story of redemption as it weaves  
through all of Creation.**

**In the name of God our loving Parent, Christ our Friend and  
Redeemer, and the Holy Spirit, our every present guide and  
counselor of comfort.**

**Amen**

