

The Center for Spiritual Formation

The Ministry of Spiritual Direction

Year 1

Spiritual Disciplines Overview

with Rev. Drew Weseman

Saturday, November 8, 2025

How are the spiritual disciplines incorporated into spiritual direction for the spiritual director and the directee?

This session will explore the Spiritual Disciplines to discover what they are, best practices for incorporating them into our personal spiritual life, and ways we can introduce them into our practice of Spiritual Direction.

In Preparation for the Class Session

1) Paying Attention:

Part One: In the week prior to class: spend at least 3 separate occasions of at least one hour each time just noticing and make note of what you notice. You may want to journal about what you noticed or in some way give thanks if that is appropriate.

Part Two: Take at least one “Awareness Walk” – it can be any walk – maybe just to or from your car when shopping, etc. Take note of what you become aware of during this walk.

2) Pre Class Readings:

Read the article “Can Spiritual Directors Help”, which can be found on the student portal.

Read the digital copy of a section called “Centuries of Connection Between Discipline and Desire” from Adele Ahlberg Calhoun’s *Spiritual Disciplines Handbook: Practices That Transform Us* (IVP Books, 2015), pp. 19/20, which is available on the student portal.

3) Print out for the class session:

“Inward, Outward and Corporate Disciplines”

“Exercise on Lectio and Meditation”

Both of these documents are available on the student portal.