

The Center for Spiritual Formation The Ministry of Spiritual Direction

Year 1

The Role of Listening in Spiritual Direction

with Rev. Dr. Deborah Heisley-Cato

Saturday, January 10, 2026

How do we engage deeply with our directees in order to hear the movement of God in their lives?

Class participants will identify critical practices for deep spiritual listening to guide soul questions and directee movement and response.

In Preparation for the Class Session

- 1.) Read the article about Nelle Morton, which is available on the MSD website.
- 2.) Prior to the session, write out a first brief draft of your theology of listening. (For example, what do you believe about the nature/character of God in regards to the act of listening/hearing?) Be prepared to add to this statement as the class moves through the day together.

The following two books are highly recommended on the topic of listening. You may want to add them to your library.

Lindahl, Kay, (2012) Practicing the Sacred Art of Listening: A Guide to Enrich Your Relationships and Kindle Your Spiritual Life, SkyLight Paths Publishing, Woodstock, VT

Nemeck, F., and Coombs, M., (1987) The Way of Spiritual Direction, Michael Glazier Publishing, Wilmington DE