

WHAT TO EXPECT

- The first 2–3 sessions help you and your spiritual director get to know each other and discern if it's a good fit.
- There is no universal method for spiritual direction. Approaches to spiritual direction vary by the director's training, spirituality, and personality.
- It may be helpful to bring a Bible, pen, and journal.



FINDING THE RIGHT SPIRITUAL DIRECTOR

- Pray for guidance from the Holy Spirit.
- Your spiritual director should be someone with whom you feel comfortable sharing your faith life.
- Ask your pastor for recommendations.
- The Diocese offers a listing of trained spiritual directors in the local area. Please scan the QR code or visit www.diocs.org and then search for spiritual direction. Follow the prompts to request more information.



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SPIRITUAL DIRECTION



WHAT IS SPIRITUAL DIRECTION?

Spiritual direction is the help given by one Christian (director) to another (seeker) which enables the seeker to be attentive to the Lord's personal communication to him or her.

The Holy Spirit is the real director in the spiritual direction relationship. The goal of spiritual direction is to help the directee become more aware of the Holy Spirit's presence and action in his or her life.

Spiritual direction may take place as an ongoing process and/or during a retreat. A normal rhythm for ongoing spiritual direction is once a month for about an hour.



SPIRITUAL DIRECTION IS NOT:

- Counseling or pastoral counseling
- An advice session
- Directive or prescriptive
- A replacement for the Sacraments or parish involvement



WHAT'S THE PURPOSE OF SPIRITUAL DIRECTION?

- Deepen your relationship with Christ
- Hear God's voice and find Him in all circumstances
- Cultivate inner freedom
- Discover God's will
- Better understand your strengths and weaknesses
- Grow in virtue and love for God and others

WHO IS SPIRITUAL DIRECTION FOR?

- Anyone 18 years and older seeking to deepen their relationship with God through prayer.
- Everyone can benefit from spiritual direction! Spiritual direction is not just for the spiritual elite or people who are struggling.



GOOD REASONS FOR SEEKING SPIRITUAL DIRECTION:

- Desire for spiritual growth
- Struggles in prayer or feeling God's absence
- Discernment of vocation or life direction
- Needing support in your prayer life

