

Spiritual Direction



What is Spiritual Direction?

Spiritual Direction is a ministry deeply rooted in the Christian tradition. In this ministry, seekers are called to be open and respond to the direction of the Holy Spirit in their lives. Generally, the Spirit is calling them to deepening levels of intimacy with their own deepest selves, with other people, and with God. Spiritual Direction usually involves a gentle enabling of another to express his or her experience of faith, discern its character or movement, and to live in growing fidelity to God's mysterious call.

The spiritual director helps you read God's presence and in action your life. This is done by providing a loving, open environment, being a listener and companion, and giving support and feedback. Most fundamentally, the goal of spiritual direction is to help you become more aware of God's presence in your life and to make life decisions in fidelity to that awareness. The Holy Spirit is the real director. The "human director" assumes no superiority in faith since we are all equal before God. Rather, the director attempts to assume a humble and contemplative posture toward the directee by companioning the seeker in witnessing God's mysterious loving presence and action in their life.



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Is This Something New?

No, in fact it is very old. Spiritual direction is an ancient art that dates back to the early Christian church. Today it is often a formalized ministry in the Catholic church as well as in many other Christian traditions.

What Happens in a Session?

Often the session will begin with a few minutes of prayer or silence. Generally, the director listens in an open, prayerful environment to the directee's sharing. The director acts as supportive companion who allows the seeker to look honestly at their relationship with God as it is lived out in their every day life and relationships.

How Often Does Spiritual Direction Occur?

Sessions are generally fifty minutes long and occur in varying frequency. In general, people come about once a month, although the first few visits may occur more frequently to allow the director and directee to get to know each other.

What is the Difference between Spiritual Direction and Counseling?

Unlike counseling, spiritual direction isn't directed toward "fixing" or therapeutic management of life's problems. Spiritual direction focuses on the seeker's deepening relationship with the Sacred dimension of their lives. It assumes both a faith perspective and a fundamental desire for prayer and intimacy with God.

Are there any fees?

There is no set fee for spiritual direction. However, we do ask those who participate as directees to make a donation to the Center of approximately \$25-\$50, to support this ministry and those who share their time in this manner.

For information on any SPIRITUAL DIRECTION programs, please contact:

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