

Introducing Spiritual Direction

What is Spiritual Direction?

Spiritual Direction is an ancient form of pastoral care. In spiritual direction, the director and the directee come together for the primary purpose of focusing on the presence and activity of God in the directee's life. We learn to "see what the Father is doing (John 5:19)," not just in that moment, but over the months and seasons of a person's life. The goal is to deepen the relationship with God by growing in attentiveness.

"As a spiritual director, I see myself as a companion to people on their journeys. As a companion, I accompany others who become more fully who they have been created to be, sinking their roots deep into the living waters of God's grace and bearing fruit in the world."

Susan S. Phillips *Candlelight*

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

William A. Barry and William J. Connolly

What is the Work of the Spiritual Director?

Let's say first what it's not: It's not "being told what to do in my spiritual life by an expert." It is not an accountability partnership, focusing on avoiding sin. Spiritual direction is not counseling or inner healing. The director's job is not to fix something that's broken or make something happen. We insist that something is already happening, and that God is already doing a good, beautiful, and holy (even if hard) work in the lives of those who come for direction. Consequently, the director's role is simply to help the directee to notice God's work accurately and respond to it vigorously, joyfully, and habitually over the months of a person's journey. The director comes alongside the directee to dust for the fingerprints of God. While spiritual direction is journey-centered and not healing-centered, the growing awareness has healing and sanctifying affects in the directee's life. Under the pastoral care umbrella, spiritual direction is a focused ministry of accompaniment and discernment.

Further Questions or Want to Set an Appointment?

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