

What Is Spiritual Direction?

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Spiritual Direction is an ancient Christian tradition designed to help persons encounter God in their everyday life. The Spiritual Director engages the directee in a form of “holy listening”, inviting them to discern and recognize God’s power and presence in their life. The Spiritual Director provides the time and the space for one to reflect upon one’s life, empathetically directing them to recognize the Holy Spirit at work where one may not be able to recognize.

How Does Spiritual Direction differ from Pastoral Counseling, Therapy, or Coaching?

While all three take place in an atmosphere of trust and confidentiality, Spiritual Direction does not intend to fix or solve problems in the directee’s life. Instead, it’s purpose is to develop the seeker’s personal relationship with God by making him/her aware of where God is moving in their life. The Spiritual Director, “directs” the seeker to see the work of the Holy Spirit in their life. They serve together with the Holy Spirit, as a conduit between the seeker and God.

When might Spiritual Direction be helpful or appropriate?

Spiritual Direction is appropriate anytime on one’s spiritual journey, especially when:

- You may have an unresolved longing for something more in life.
- You may be struggling with making an important decision.
- You are anticipating or have recently experienced a major life transition.
- You may feel stuck or uninspired in your prayer life or relationship with God.

How long does it take?

Most Spiritual Direction sessions occur once a month, and last approximately one hour. Some persons commit to seeing a Spiritual Director for months or even years at a time.

If you still have questions, please don’t hesitate to reach out.

We’d be happy to help.

Trust in the Lord with all your heart
and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight.

- Proverbs 3:5-6

