



What is Spiritual Direction?

What is a spiritual director?

God invites each of us on a unique journey. As we follow him, there are times when we sense a clear path forward and at other times the trail is hard to find. Spiritual directors are trained to walk with individuals as they look for God at work in their life. They meet one-on-one with individuals to listen, offer observations, and ask questions. While spiritual direction is a listening ministry, it is different from counseling or therapy. Spiritual directors do not attempt to analyze, fix or problem solve. They listen and offer support and encouragement as you look for God and listen for his voice.

What happens in a spiritual direction appointment?

When you arrive for your appointment (or we connect online) I will welcome you, make a bit of conversation and pray for you. Often, I will also offer you a few moments of quiet. This is a good time to take some deep breaths, connect with God and allow thoughts and feelings to surface. When you are ready, you will begin the conversation by sharing something that you've been thinking or feeling. I will listen without interrupting and ask a question or make an observation when it feels appropriate. A session lasts around 50 minutes and usually ends with prayer. Spiritual direction conversations happen at a slower pace than normal conversation, include pauses for thought and prayer, and invite what we might be tempted to call rambling or making a short story long. If we are meeting online, I ask that you identify a private place in which to have our conversations. This will allow both of us to focus on listening and being open to the Spirit's movements.

What should I talk about in spiritual direction?

God is working in every part of your life – school, work, family life, relationships with friends, hobbies – everything. So, you are encouraged to talk about anything and everything in spiritual direction. You may want to talk about a strong feeling you've experienced recently, a question you are wrestling with, what's happening (or not happening) in your devotional life, or even something from your past that keeps popping up. If you aren't sure where to start, let me know and I will ask a question designed to get the conversation started. Don't worry! You can't do it wrong.

What does spiritual direction cost?

I ask for a donation of \$80 for a session to my non-profit ministry that works to develop the spiritual lives of Pastors and Church Leaders. The ministry is called Global Frontiers Project and donations can be made at www.globalfp.org Donate/Donate Now/Donate GFP General Fund. Payment may be made on the day of your appointment.

How often should I meet with a spiritual director?

I encourage everyone (including myself) to meet with a spiritual director at least once a month. You may not have a big thing every month that you want to talk about, but it is helpful to have someone to talk to about the littler things as well. Sometimes the movements of God are subtle, and it helps to have someone to help you notice. Sometimes life moves so quickly that we need a monthly excuse to take a moment to pause and listen. A monthly appointment provides the

structure we need for stopping to notice. I will ask at the end of the appointment if you'd like to make an appointment for the following month. Or you can check back in when you are ready to schedule an appointment.

Is spiritual direction confidential?

Yes. What you share with me remains confidential. You, however, are free to share your experience with others. The only exception to this is if you share information that would lead me to believe you have, or are in danger of, hurting yourself or someone else. On occasion, I meet with a supervisor to discuss a specific question or concern. In those instances, your name and other identifying information is omitted or changed to protect your privacy.

How are spiritual directors trained?

Many people are good listeners, but spiritual directors have also participated in a two-year training program designed to hone their skills and provide a strong theological foundation for ministry. In addition, spiritual directors are committed to journeying with God through spiritual practices and engagement in a community of faith. They also commit to receiving regular spiritual direction.

For further questions please email rick@globalfp.org