

Sacred Conversations

Spiritual Direction & Companionship



*“You will show me the path to life, abounding joy in your presence;
the delights at your right hand forever.”*

Psalm 16:11

What is Spiritual Direction & Companionship?¹

- Spiritual Direction gives you (the directee) the opportunity to share and explore your spiritual experiences in an accepting, non-judgmental atmosphere. It could be an experience in your life where you feel God's presence, or an experience in your life where you are searching to find God's presence.
- The director is a companion on the journey. It is the Holy Spirit who is the true Spiritual Director. The director and directee meet as equals.
- Spiritual Direction involves "holy listening." The director encourages you to share your experience and feelings, as together you contemplate the ways God is present in your life.
- Spiritual Direction is not giving advice or spiritual counseling. (For this you would need to find a priest or someone trained in spiritual counseling.)
- You decide what you want to share and how much, as you allow the Holy Spirit to guide you. Anything we discuss is extremely confidential.
- As you become more aware of your feelings, needs and desires, and you are able to communicate this to the Lord, you will find that your relationship with him moves to a deeper level. This happens over a period of time and is the work of the Holy Spirit guiding and directing you.
- Through Spiritual Direction, you experience greater interior freedom and a deeper relationship with God, self and others.

Can you identify with any of the following?²

- A sense of wondering or question of faith
- A confusion about changing attitudes or circumstances that leave you feeling lost or displaced, or out of sync in some way
- A feeling of being stuck, having hit an obstacle or blockade in your life
- A sense that the traditional ways and practices of knowing God are no longer working
- A shift in your understanding of God
- A desire to grow deeper in love with God or a desire to have a richer life of prayer
- A loss, great or small, that stays with you and asks for your attention
- An encounter with the Divine that has opened new insights or a sense of calling
- A dryness or complacency about life in general or the spiritual journey in particular
- A transition in any area of life (a move, job change, empty nest, divorce, death) that calls for discernment of your next steps forward

How Do I Get Started?

- Ask the Holy Spirit if now is the right time for you to seek a spiritual direction and companionship? Many factors including family and children responsibilities, work schedules, and availability of dedication time may all impact spiritual direction.
- Reach out to a spiritual director serving your community.
 - Name: _____
 - Email: _____
 - Telephone: _____
- Schedule an initial meeting to explore if both parties (director and directee) are suited for each other.
- Establish initial commitment of time (minimum three sessions) and fees (if applicable).



Make known to me your ways, Lord; teach me your paths." Psalm 25:4

References

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