

What is Spiritual Direction?

In spiritual direction, you reflect deeply on the experiences of your daily life. Gradually, as you reflect, you may begin to recognize God's presence and grace in your life. You may come to realize how God's spirit is truly with you every day and everywhere. You discover that God has been waiting for you to seek this closer relationship.

Spiritual companionship is really not about being directed. Rather, it is very much about being encouraged to draw closer to God. Spiritual companionship invites you into this relationship no matter what your life circumstance or religious participation. God seeks you where you are.

Who Is Spiritual Direction For?

Spiritual direction is an ancient tradition in Christianity, going back to the fourth century desert fathers and mothers. Today, men and women from many religious traditions, both lay and religious, priests and deacons, ministers and rabbis are trained in the ministry of spiritual direction. Any adult seeking to deepen his or her spiritual life are encouraged to participate in this renewed practice. People of all faiths and walks of life are welcome.

Individuals interested in this spiritual practice meet one-on-one with a spiritual director or guide, usually once a month. Seekers are encouraged to “interview” spiritual directors to find someone who is comfortable to talk with and is supportive of your life circumstances and faith tradition.

Gifts of Spiritual Companionship

You might come to spiritual direction for a variety of reasons, including to:

- Identify and trust your own experiences of God.
- Integrate spirituality into your daily life.
- Discern and make difficult choices.
- Share struggles, losses or disappointments.
- Find encouragement and affirmation.
- Grow in relationship with God, self, others and creation.

Meet with a Spiritual Companion

The privilege and responsibility of a spiritual companion is to journey with you as you deepen your relationship with God. The journey takes place in the context of confidential, one-on-one sessions with your spiritual director.

Most spiritual directors/companions have extensive training and formation and are seasoned in the art of spiritual direction. Spiritual directors/companions continue tending the spiritual life by engaging in ongoing education, confidential supervision, and also meeting regularly with a spiritual director.

You and your spiritual director/companion will agree on a convenient location and time for meeting, usually once a month for an hour. Many spiritual directors/companions request a nominal fee, some receive your free will donation, and others offer their time to you. Together you may agree upon what is beneficial for your relationship.

After three or four sessions, you will have the opportunity to evaluate the relationship. Whether your relationship with the spiritual director continues for many years or for only a short period of time, it is very important to be comfortable with the spiritual director you choose. What is shared between you is held in confidence.