

Spiritual Direction- A Next Step in Your Faith?

What is Spiritual Direction?

Spiritual Direction ordinarily means that a person who seeks a closer relationship with God invites a trained and experienced guide (the “director”) to assist in that journey. The director is especially attentive to indications that the Holy Spirit may be inviting you (the “directee”) to pray, think or act in a particular direction.

What are some reasons for going into Spiritual Direction?

- Establishing a deeper relationship with God
- Exploring new ways to pray, or reenergizing your prayer life
- Learning to identify and trust your experiences of God
- Strengthening the presence of spirituality in your daily life
- Discerning God’s purpose for your life and God’s direction in decision making

What happens during Spiritual Direction?

A director usually meets individually with a directee periodically (often once a month) and asks reflective questions and listens to help you notice God’s nudges, invitations, challenges and confirmations. Life circumstances are discussed but neither problem-solving or counseling is part of the process. Spiritual Directors are customarily compensated in recognition of their skills and services and this detail can be negotiated during the first conversation. Spiritual Direction can take place in person, or if circumstances dictate by telephone, Skype, Facetime , Google, or other electronic media.

How can I learn more?

Members of our parish staff can help to identify an appropriate director. We are fortunate to have several trained directors among our parishioners and there are several others in the area. You will find also find the names of available directors and much more information about spiritual direction, retreats, training, workshops, and other programs related to spiritual development at the West Virginia Institute for Spirituality, www.wvis.org Spiritual Directors International, which has established training guidelines and ethical standards for Spiritual Directors, has a wealth of information about spiritual direction and an online international *Seek and Find Guide* all of which can be accessed at www.sdiworld.org