



## **What is Spiritual Direction?**

Spiritual direction is a specialized ministry in the church. It is a graced way of serving another believer, helping the other to grow in intimacy with God and to live out the consequences of that intimacy. The focus of spiritual direction is the Directee's experience of God and how communication happens between God and the Directee. It is considered a Triune relationship consisting of the Directee, Spiritual Director, and God. Trained spiritual dynamics, and various resources in prayer, spirituality and scripture are used during the sessions.

Spiritual Directors certified in this process follow several years of training. They are not psychological counselors focused in therapy. Rather, the Director companions the Directee on their spiritual journey according to the interest of the Directee. Both the Director and Directee agree to meet regularly (every 3-4 weeks) to support the Directee to better recognize the desire of God.

A trained Spiritual Director helps you:

- Be more aware of who God is for you
- Notice God's movement in the events of your life, in your prayer/communication
- Talk about what you are experiencing
- Be attentive to God's invitations, "nudgings," confirmations
- Recognize resistances and barriers
- In the process of making choices that respond to God's invitation

In spiritual direction, the Directee is far more active than the Director, but you are also fully assisted by the caring attitude and attentiveness of the Director.

For additional information:

Joan McGovern

516-238-5633