

SPIRITUAL DIRECTION

DEFINITION:

Spiritual Direction is One Christian assisting another to discover and live out in the context of the Christian community his or her deepest values and life goals in response to God's initiative.

(taken from a definition provided by Elizabeth Liebert, San Francisco Theological Seminary). For more information, go to the Office of Spiritual Formation glossary or visit Spiritual Directors International (SDI)

GOAL OF SPIRITUAL DIRECTION: Deepened relationship with God

WHO CAN BENEFIT FROM SPIRITUAL DIRECTION? Anyone who desires to listen for the direction of God in his or her life. Spiritual direction is for those who seek a fuller experience of God's love or who want to discern greater spiritual purpose and meaning in life. Spiritual direction is appropriate at any stage of the spiritual journey, from seeker to new believer to those mature in the faith.

WHERE TO FIND A SPIRITUAL DIRECTOR:

Spiritual Directors International is an organization dedicated to spiritual direction. Find resources and a directory at <http://www.sdiworld.org/>

QUESTIONS TO ASK A POTENTIAL SPIRITUAL DIRECTOR:

From the website of PCUSA Office of Spiritual Formation

- How do you understand the ministry of spiritual direction?
- How long have you been practicing the art of spiritual direction?
- What kind of training have you received?
- Are you receiving spiritual direction as a directee?
- Are you in a supervision group or setting?
- What are your customary fees for a direction session (if any)?
- What is your own faith tradition, and are you comfortable working with someone in the Presbyterian tradition?

Suggested by Spiritual Directors International:

- What enrichment, spiritual formation, and theological education do you have in spiritual direction?
 - What is your personal experience tending your own prayer, meditation and contemplative life?
 - What is your experience as a spiritual director? How many years? In what environments?
 - What are you most interested in spiritually?
 - How do you continue your education and supervision for your spiritual direction ministry?
 - What ethical guidelines do you abide by, such as those published by Spiritual Directors International? Have you ever been accused or convicted of misconduct?
- What type of engagement agreement will we establish to clarify roles and responsibilities in our spiritual direction relationship, such as samples provided to members of Spiritual Directors International?