

Spiritual direction is all about...

Attentiveness. Spiritual direction is of most benefit to those who believe that God is present in every area of life. The role of the spiritual director is to come alongside those being helped, wait on God's Spirit with them, and help them to hear what God is saying to them.

Honesty: Spiritual direction can only be helpful and useful to those who are willing to be as honest as they can be as they unfold their lives. As spiritual directors we will accept this honesty without judging. We are committed to honesty about ourselves in return.

Transformation: Spiritual directors themselves are seeking to grow up into Christ as God desires. A prerequisite for this kind of growth is a commitment by directors to being transformed by God through a regular relationship with their own spiritual director.

Confidentiality: Spiritual directors are committed to keeping all conversations in strictest confidence as well as expecting that what they might share of their own lives will be kept confidential. A spiritual director is not a mandatory reporter except in cases of abuse or danger to oneself or others.

Accountability: Spiritual directors will offer themselves as points of accountability for those seeking to stay true to their own goals of obedience and growth in Christ. Directors themselves will be accountable to commitments made to those seeking to be helped, as well as being accountable before God for their own growth in prayer and devotion.

Learn more about available spiritual directors at

eastcoastconf.org/spiritual-direction

Still have questions?

Contact Theresa Marks, the coordinator of the Spiritual Directors Network at

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Spiritual Direction

in the East Coast Conference

*Those who delight in the law of the Lord,
and on it meditate day and night,*



*Are like trees planted by streams of water, which yield
their fruit in its season, and the leaves do not wither.*

.....

What is spiritual direction?

Spiritual direction is a ministry of listening, discernment and prayer in a confidential setting of encouragement and compassion. Through this ministry one finds a spiritual companion who can listen to the stories of their life and help discern the presence and work of God's Spirit. We believe God is always calling us and leading us, and sometimes we need a "soul friend" to help us to recognize God's voice and respond to God's presence. This companion intentionally sets aside the concerns of his or her own life to listen and attend to the experience of God in the life of the other. The ministry of spiritual direction is the ministry of being such a listener and soul friend.

What is a spiritual director?

Spiritual directors are first and foremost those seeking to mature in faith and deepen their own communion with God. They are gifted and formally trained at a seminary or specialized program for spiritual direction in spiritual formation and the practical, emotional and theological dimensions of spiritual direction. Directors pay attention to the Spirit's movement in themselves, even as they tune into the Spirit's movement in one's life. They may ask questions to bring awareness to the directee or may suggest practices to enhance growth, always aiming to create safe, confidential environments to share and explore an inner experience with God.

What is a session like?

Hourly sessions are usually scheduled monthly; this may vary depending on need. Each spiritual director has his or her own style, though sessions will often begin with silent prayer for centering oneself and opening up to the voice of the Spirit. One may bring a specific topic, story or theme from one's life to share during a session, but the conversation may also be spontaneous. Unlike therapy, the spiritual director does not aim to solve the problem or interpret the story. Rather, open-ended questions or observations serve to make connections or reveal God's presence in an experience. A session may end with a summary of what director and directee each noticed during the session. Sometimes it is appropriate for a director to recommend specific spiritual practices. And a session may end with prayer, silence or simply acknowledging an ending point.

What does it cost?

Most directors work on a sliding scale, particularly since spiritual direction is not covered by insurance. Each director will handle this differently, but a realistic range is between \$35 and \$75 per session. Those credentialed through the Evangelical Covenant Church may be eligible for grant money through the ECC. To learn more about this program, go to:

[Covchurch.org/develop-leaders/sustaining-pastoral-excellence/character-spiritual-direction](https://covchurch.org/develop-leaders/sustaining-pastoral-excellence/character-spiritual-direction)

Ministry spouses may ask about a grant available to them at the NPTS C. John Weborg Center for Spiritual Direction.

Who sees a spiritual director?

Anyone seeking to deepen their communion with God, develop new spiritual practices, open themselves up to the Spirit's healing work, or discern God's movement and leading is a good candidate for spiritual direction. Spiritual direction is especially important for those involved in ministry, as the care of their own soul must be a priority. It is a great next step no matter where you find yourself on the spiritual journey.



What else should I know?

A couple of practical tips.

- Consider whether you feel most comfortable meeting with a man or a woman.
- If a director is not local, ask if he or she would be willing to meet via video chat (FaceTime, Skype, Zoom, etc.).
- Occasionally, a director is not the right fit for a person. However, we recommend holding three sessions with a director before seeking a new director.