

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 this intimacy. The focus of a spiritual direction relationship is the directee's experience of God, and how communication happens between God and the directee.

Trained spiritual directors have a background in ministry, communication skills, personality dynamics, and various resources in prayer, spirituality and scripture. While some spiritual directors may be trained pastoral or psychological counselors, problem solving or therapy is not the focus. Rather, both director and directee agree to meet regularly so that the directee might pay closer attention to God.

Why Would I Need a Spiritual Director?

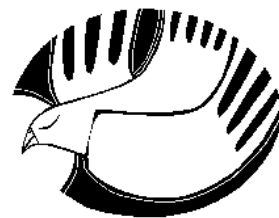
Need for a Spiritual Director comes when one wants to develop a deeper relationship with God, when one's search for God seems to be at a crossroads, when one wants to explore new methods of prayer or prayer becomes difficult, when one feels the need for someone to help in discerning the call of the Spirit, or when one feels the need for a companion on the spiritual journey — to walk with you and to listen.

What Can I Expect?

You can expect a good director to keep the focus on the directee's relationship with God. Contemporary direction presumes that God communicates through ordinary human experience, and in that experience are found God's invitations and urgings and confirmations. A good director is a companion on life's journey — asking reflective questions and pointing out resources. Direction also assists with resistances and roadblocks, helping the directee to come to breakthroughs.

Is There A Charge?

Cenacle Sisters rely on donations for spiritual direction, as well as for programs they are asked to give. Financial arrangements can be discussed personally with the particular director chosen. However, no one will be refused because of an inability to give a donation.



We encourage prayerful discernment in the selection of a director. The first three steps to direction are: Choose a director; set an appointment; and then, together with the director, discern if there is spiritual compatibility in the relationship.