

What is Spiritual Direction?
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People are often curious about spiritual direction. I thought it helpful to share my experience of it. I am a certified Spiritual Director who trained at The Cenacle of Our Lady of Divine Providence, in Clearwater, Florida. I spent two weeks over a period of three summers, in school. I made the 30 day Ignatian Silent Retreat - Spiritual Exercises (6 hours of prayer and one hour of spiritual direction each day) and completed a practicum. I experienced much healing, which is necessary in order to be present to the directee.

Spiritual Direction is a relationship between the director, the directee and the Holy Spirit. the director facilitates the movement of the Holy Spirit while listening to the directee. The spiritual director helps the directee develop their prayer life through praying the Scriptures, so they can deepen their relationship with the Lord. The spiritual director also helps the directee discern the movement of the Holy Spirit in their lives. This is useful for anyone who is serious and wants to grow in their relationship with the Lord.

In Spiritual Direction we are on Holy Ground. It is a very confidential and safe meeting, usually lasting one hour or less, once a month. This can vary, depending on the director.

The Holy Spirit is the primary Director. The spiritual director must maintain their own prayer life and spiritual director, while praying regularly for the directee. Listening to the Holy Spirit and to the directee is key.

There is an initial interview where the director and directee meet to see if they are compatible and they each share their expectations.

Truthfulness - keep communication open; there may be a time when you part ways - health, time commitment, maybe some kind of counseling is in order, etc...I've personally had several spiritual directors.

I am NOT a Scripture scholar, counselor, doctor, psychologist, or psychotherapist, etc. I do NOT try to fix, manipulate, lead, or let curiosity be my guide

I DO pray, listen, feedback what I thought I heard the directee say and let the Holy Spirit do His work.

Spiritual Direction helps us know the truth of who we are through praying the Scriptures and helps us discern God's will for us.

You shall know the truth and the truth shall set you free! John 8:32