

**Are you
interested In ...**

**~Spiritual Direction
for yourself?**

**~Spiritual Direction
for your church?**

**~Spiritual Direction
for a retreat?**

If you answered **YES** to
any of
the above questions,
please contact:

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Spiritual Formation Team.
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*Within each of us
lies the desire
to find meaning
beyond the
moment and in the
moment, and
to grow closer to
God and to
one another.*



SPIRITUAL DIRECTION

...the art of holy
listening...guiding...and
tending the soul...



*"Where two or three are gathered
together in my name, I am there
among them." Matthew 18:20*

Alabama - West Florida
United Methodist
Conference

Beginnings of Spiritual Direction ~

Spiritual Direction focuses on the practices of spiritual formation in individuals or organizations using resources and skills of soul care which invite individuals and groups into the presence of God, paying attention to God's activity in one's own life or in the lives of others. All of which deepen the spiritual life of the community.

Spiritual Direction, practiced in all faiths, has a long history in the Christian church extending back to our early church fathers and mothers...and has roots throughout the Bible, such as the friendships of David & Jonathan, Naomi & Ruth, Paul & Silas, Jesus & Peter. It is two persons encouraging and praying for one another, mutual giving and receiving [*Romans 1:11-12*], while paying attention to the Holy Spirit's Presence. It is a holy conversation about discovering, uncovering, and following God who nurtures our thirsty soul from the living water present in the ordinary of everyday life.

What is a Spiritual Director?

~ A Spiritual Director encourages you to explore a closer relationship with God. In the midst of a busy life, many people find it difficult to notice God's actions in their daily life. Yet, at the deepest level, all of us long for a more conscious experience of God's presence and love.

~ In Spiritual Direction, you reflect deeply on the experiences of your daily life. Gradually, as you contemplate, you may begin to recognize how God's Spirit is truly with you every day and everywhere. You discover that God has been waiting for you to seek a closer relationship.

~ Spiritual Direction is really not about being "directed". Rather, it is about being encouraged and challenged to draw closer to God.

~ A Spiritual Director gently invites you into a sacred time and place.

~ In the process, you will find that God seeks you where you are and tenderly beckons you closer.

When to Seek out a Spiritual Director:

- ~ when the search for God seems to be at a crossroads
- ~ when you want to explore & integrate new methods of prayer
- ~ when prayer becomes difficult or dry
- ~ when you are trying to discern the call of the Spirit
- ~ when you are discerning and making difficult choices
- ~ whenever you feel the need for a companion in following Jesus
- ~ to help identify and trust your own experiences of God
- ~ to share struggles, losses or disappointments
- ~ to find encouragement and affirmation
- ~ to grow in relationship with God, self, others and creation
- ~ Spiritual Direction is not to be or replace therapeutic counseling. However some find that experiencing both at the same time to be helpful.

All Spiritual Direction is held in
Strict Confidentiality