

What is Spiritual Direction?

Christian spiritual direction is a practice grounded in the character of God. His use of words in creation, the conversation He initiates with Adam after the fall, the incarnation of “the Word”, Christ’s promise that the Holy Spirit “will take what is mine and declare it to you.”—all these point us to a God who is present, who communicates, and who desires relationship with us.

Spiritual direction is one way to practice living in light of those attributes of God. It is a time set aside to prayerfully sit with another person for the purpose of directing our attention to God. The true director is the Holy Spirit. He shows us what to pay attention to and he does the work of renewal in our hearts. A human spiritual director is a companion in the process; someone who prayerfully listens to you and with you, helping you discern God’s presence, words, and invitations. A typical spiritual direction rhythm is to meet for about an hour once every 4 to 6 weeks.

My Heart as a Spiritual Director.

There are two verses that capture my heart as a spiritual director. The first is Hosea 6:3, *“Let us know, let us press on to know the Lord; his going out is sure as the dawn; he will come to us as the showers, as the spring rains that water the earth.”* (ESV) The emphasis of our time together will be on knowing God—deepening our awareness of him and how he is engaging us (What is he saying? How is he at work in your life? How is he revealing himself to you right now? How is he inviting you to respond to what he is doing and saying?), all with the underlying assumption that the triune God is present with us and that he desires to interact with us. We may go through seasons of darkness when we are unaware of his presence or interaction, but his coming is “as sure as the dawn.”



“The Spirit of God invites us to come in trust, believing that the Spirit will draw us into growing intimacy with God and enable us to respond to life out of this growing relationship.”

Jeanette Bakke, Holy Invitations

In my personal journey with God Isaiah 30:15 has been very significant. *“In repentance and rest is your salvation, in quietness and trust is your strength...”* (NIV) Growing up in a Christian environment did not prevent me from adopting a very human approach to my relationship with God—one based on striving and earning rather than rest, quietness, and trust in him. The more time I spend interacting with my Savior, the more he leads me into that rest and quiet trust. One of my desires as a spiritual director is to help hold a quiet and holy space for you to engage with God. Whether it be by conversing, wrestling, or just sitting in stillness, time in the presence of God is transformative (2 Cor 3:18).

Due to my role on a non-profit’s Spiritual Life Team, I am grateful to be able to offer spiritual direction sessions free of charge at this time.

Preparing for a Direction Session

Remember, spiritual direction sessions are a time for the “real you to meet the real God” (Paul Miller). This is a space where you can be open about what you’re thinking and feeling at that moment. The “right” answer is the honest answer.

If you will be online for your session, look for a quiet place with minimal distractions and temporarily mute notifications on your computer or phone.

Some find it helpful to take a little bit of time before a direction session to sit with God and reflect on the past day, week or month. This could include the practice of [Examen](#), looking through journal entries or just sitting in silence and seeing if God brings anything to mind.

Covenant

In entering a spiritual direction relationship, we acknowledge that our times together will be a three-way interaction with one another and the Spirit of God.

In meeting with you I agree to treat our times as a sacred space and prayerfully listen with you for the presence and activity of God in your life.

As a spiritual director, I agree to hold to the code of ethics as stated on the website of the ESDA (ESDAonline.org).

In meeting with you I agree to keep what you share in confidence except in cases of direct threat to you or someone else.

I will not discuss what you share in our sessions with anyone else without your explicit permission, nor will I initiate conversations related to our sessions, should we encounter each other outside of a direction session. As a part of my own accountability and growth I meet regularly with a supervisor. Things from our direction sessions may come up, but the focus of those conversations will be my own awareness of God/what he's inviting me to explore personally, and your identity will be kept anonymous.

Information regarding threat of harm to you or another may necessitate an intervention on my part. Any breach of confidentiality under such circumstances will be communicated to you ahead of time if at all possible.

In meeting together, we agree to communicate clearly to the other when we are ready to step out of this direction relationship.

Since the focus of spiritual direction is the relationship with God, both participants (director and directee) are free to end the direction relationship at any time, whether that be because they feel it is not the best fit or that God is leading them to something else.

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