

# WHAT IS SPIRITUAL DIRECTION?

## Henri Nouwen:

"Spiritual Direction is direction offered in the life of the individual Christian. It is an art which includes helping to discern the movement of the Holy Spirit in our life, assisting in the difficult task of obedience to those movements, and offering support in the crucial life decisions that our faithfulness requires."

## Fr Richard Rohr:

"Where you are is where I'll meet you."

## Dr Gary Moon:

If there is a single factor that makes spiritual direction effective as a change agent for the soul, it is this: spiritual direction helps us to see ourselves as God sees us."

## Margaret Guenther

"The art of spiritual direction lies in our uncovering the obvious in our lives and in realising that everyday events are the means by which God tries to reach us ... All along we've had a spiritual life and we didn't know it."



## Spiritual Direction

Spiritual direction is for those looking for accompaniment in their spiritual journey. It's meeting with someone seasoned in the spiritual journey for reflection, support, and guidance, on a regular basis; usually an hour a month or six weeks. People come to spiritual direction for many reasons and from all walks of life and, as all of life is sacred, any aspect can be discussed.

### *What is a spiritual director?*

This ancient art of accompanying others in the spiritual life has many names: soul friend, prayer companion, spiritual guide, along-sider. The relationship involves listening, asking good questions to help you reflect and connect with what is happening for you, confidentiality, non-judgement and is, paradoxically, non-directive.

