

FINDING SPIRITUAL DIRECTION

The Journey toward Wholeness

A spiritually healthy person

- notices the movement of spirit in life.
- releases hurts, resentments, blame, and suffering.
- lives authentically and intentionally.
- finds meaning and purpose in life.

How does someone become spiritually healthy? People who practice a religion might say through study and prayer or self-discipline. What if a person is not religious but wants to develop their spiritual life? How does one get motivated or started on a healthy spiritual path?

One way to become spiritually healthy is with the help of a spiritual director through a process called Spiritual Direction. Spiritual Direction offers a way for a person to reflect deeply on the experiences of their daily life, to recognize the sacredness of life, to learn to be attentive to God's presence and the reality of God in all aspects of life.



A spiritual director trains for two or three years in how to create safe, compassionate, and confidential "space" for someone to share openly about their life; their hopes, sorrows, disappointments, and joys. The Spiritual

director listens, discerns, and lends support, helping the individual understand and recognize how and where God plays a part in daily life. Spiritual Direction is not therapy and it's not about need or crisis management. It is for people who want to recognize and respond to the invitation from God to seek a closer relationship with Him.

To know how spiritually healthy you may be, take a "spiritual inventory" on the companion insert. To find a spiritual director or learn more about spiritual direction go to www.sdiworld.org or contact Terri Rathbun - tdrathbun@hmacofchrist.org

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BENEFITS OF SPIRITUAL DIRECTION

Through Spiritual Direction you can gain a closer relationship with God, self, and others. You have a greater awareness of Gods grace and His presence in your daily activities which helps you live peacefully, with compassion for all. It helps the person make choices that lead to living a more fulfilling, authentic life. Spiritual Direction helps you answer questions like:

- ***Where is the movement of the Spirit in my life?***
- ***What is my path to wholeness and healing?***
- ***How can I be more fully present in my daily life?***
- ***How can I go forward on my journey?***
- ***How can I slow down, stop, or change direction on my current journey?***
- ***What is God enabling and asking me to do?***
- ***How do I reclaim my lost self?***
- ***How can I recapture the Spirit?***

When you work with a spiritual director you usually meet once a month for about an hour. You begin by being still and/or with a prayer. You share what you feel is going on in your life spiritually, and how you are noticing and responding to God. The director asks questions to help you go deeper. After a few sessions you evaluate and decide whether or not you want to continue meeting.



Your spiritual director needs to be someone who is personally neutral and someone with whom you can be completely open and honest. Your spiritual director is a “companion for your journey”. Spiritual Direction is especially great for those who are ministers, pastors, or leaders. It helps bring spiritual renewal, especially for those who are always serving and ministering to others.

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