

What happens in a spiritual direction session?

In spiritual direction, one usually meets with a director monthly for about an hour. The director provides a safe environment for a person to share his/her story.

During the time together the director will accompany the person on his/her journey by:

- * **Companioning** the person as he/she tells his/her story
- * **Facilitating** the integration of all aspects of his/her life experience.
- * **Assisting** the person to speak his/her experience of God



Usually in a preliminary meeting or in your first meeting with a spiritual director, information will be sought as to what you desire in spiritual direction and fees will be discussed.

Role of spiritual directors

Persons offering to guide others on the spiritual journey traditionally were called spiritual directors; today other terms may be used, such as “spiritual guide” or “companion”.

Spiritual directors are women and men who value their own spiritual journey.



In any time or place, cultural differences and a variety of faith traditions always nuance spiritual direction. Within this context, directors aim at integrating prayer and life, contemplation and action, faith and justice, in their own lives as well as in the lives of their directees.

Interested to find out more? Contact Sue Dunbar at Barnabas Ministries.



Barnabas Ministries Inc
PO Box 3177
Manuka ACT 2603
P: 02 6295 6766
E: suedunbar53@yahoo.com
W: www.barnabasministries.org.au

Do you desire to...

- ...come home to yourself?
- ...share intimately with God?
- ...re-discover your centre?
- ...gain perspective on life?

Spiritual Direction



Spiritual Direction

Spiritual direction

refers to the active conversation between two people that centres on the directee's relationship with God as together they listen for the underlying flow of the spirit in the directee's story.



*Bidden or
not bidden,
God
is present.*

Carl Jung

The purpose of direction is:

- * **Growth** in self knowledge - by bringing to the surface abiding tendencies/dispositions of heart
- * **Discernment** - the art and gift of recognizing the movement of God in a person's life
- * **Invitation** – to respond to God's movement in ways that are healing, just and reconciling for all creation.

Why do people seek spiritual direction?

Reasons may vary:



Spiritual Practice

For some it is a spiritual practice which supports their faith life in an ongoing way.

They seek out direction from a person trained to journey with them.



Life Transitions

For others, ordinary life transitions can be so confusing and pain-filled that they lose direction.

The death of a loved one, job loss, divorce, chronic illness – any of these may cause them to question the meaning of life and yearn for hope.

Spiritual direction is often sought in such times of crisis

God in All Things



Others struggle to believe that God awaits them, ever present, and not only in their prayer times or when they are 'good'.

In spiritual direction people became aware of the reality of God present in all aspects of their lives.

Spiritual direction

is an open-ended process that seeks to call forth a person's own inner wisdom in order to be attentive to the spiritual journey. This is a life long process.

The goal of this contemplative practice is to assist another person to awaken to the mystery called God in all of life and to respond to that discovery in a growing relationship of freedom and commitment.

*Listen to your life.
See it for the fathomless
mystery that
it is...*

*All moments
are key
moments and
life itself
is grace.*

F. Bruechner

