

SPIRITUAL DIRECTION

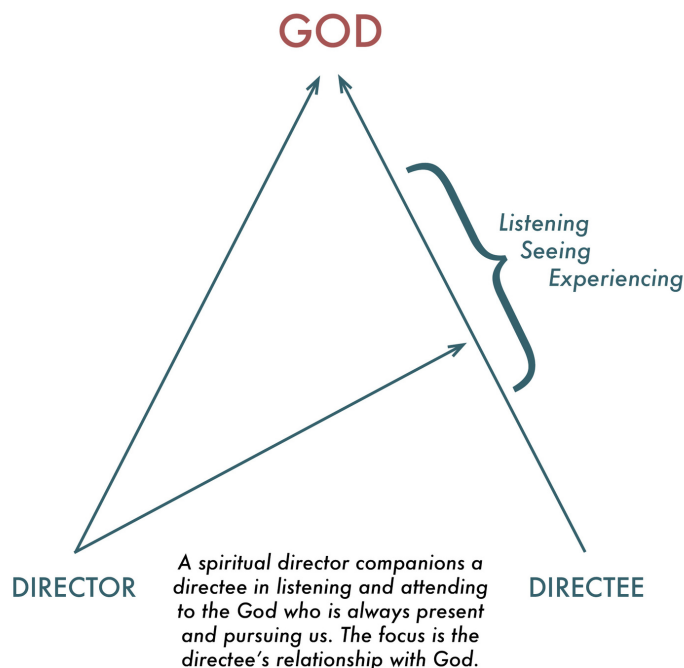
Hearing God Together



WHAT IS SPIRITUAL DIRECTION?

Spiritual direction takes place when two people agree to give their full attention to what God is doing in one (or both) of their lives and seek to respond in faith.

–Eugene Peterson



WHAT SPIRITUAL DIRECTION IS NOT

Mentoring: informal relationship between a mentor and mentee focused on a professional or life skill

Counseling: professional relationship between a therapist and client focused on the client's mental health & emotional wellbeing

Coaching: professional relationship between a life coach and trainee focused on goal setting and progress led by the coach

MIND	BODY
EMOTIONS	RELATIONSHIPS

SELF-CARE VS. SOUL CARE

Self-Care is the ability to care for oneself, usually physically or mentally, taking an active role in one's wellbeing and happiness.

Soul Care is bringing our entire being, all that we are (mind, body, emotions, relationships), into the presence of a loving God and creating space to allow God to bring restoration, healing, and comfort.

ACTIVITY: Take a moment of silence with God to check in with each area of your life. Where do you notice goodness? Where might there be need for restoration, healing, or comfort? Write these in the boxes above. Talk with God about what you want. Listen for God's response.

WHO COMES TO SPIRITUAL DIRECTION?

You might come to spiritual direction if:

- You want to nurture your relationship with God
- You are in a difficult or disorienting season and your old spiritual practices no longer work
- You have more questions about God than answers
- You have a desire for more, but are unsure what more is
- You are discerning something and need a safe place to notice and observe



NEXT STEPS & RESOURCES

Try the soul care activity above.

Reach out

KAYLA ALLEN

kaylaannallen@gmail.com

SUSAN MARKS

scass.marks@gmail.com

LAURA MERRICKS

lauramerricks@gmail.com

Other places to find spiritual directors

CORACLE

inthecoracle.org

SELAH

leadershiptransformations.org/selah

TRANSFORMING CENTER

transformingcenter.org