

Spiritual Practice:: Spiritual Direction

Spiritual Direction is simply finding someone who talks to you and prays with you about your life. Wisdom and direction emerge from the spiritual dialogue and relationship, helping us live spiritually in a world of ambiguity and distraction. It's impossible to do without both solitude time alone with someone else in a safe place/space to bear our souls.

Spiritual Direction (or guidance) can happen in several settings - in a retreat time and place, with a trusted mentor or friend, with a trained spiritual director.

Whatever the setting, the focus is on our relationship with God and God's people. The conversations may range over many topics - our families of origin, our ethnic or cultural roots, troubles with a spouse or children, the meaning of our work, the moral stands we take, the way we allocate our resources, the manner in which we schedule our time, the content and methods of our prayer, the spiritual practices we undertake, the devotional exercises in which we engage, our participation in a community of faith and its liturgical life.

Check out::

“Exploring Spiritual Guidance” by Wendy M. Wright

“Spiritual Director, Spiritual Companion, Guide to Tending the Soul” by Tilden Edwards