

DOES THIS SOUND FAMILIAR?

"I have no where I can bring my full self and be truly vulnerable."

"I have to always hold it together, appear full of faith, and never show my doubts."

"I have questions and wonderings about God but I don't know where to safely voice them."

"I just need a place to be real, where I can take off the mask and not try to impress."

SPIRITUAL DIRECTION IS...

...a safe space to be real about the stuff of our lives, without fear of judgement.

...a welcoming and accepting space outside of your immediate working context, and with complete confidentiality.

...a sacred space in which you and your Director can, in the company of Christ, listen for the movements of the Spirit.

MAYBE YOU'RE WONDERING...

How will I make time for it?

- Spiritual direction is often just one hour a month, and there are companions who can meet at different times of the day. Many now offer zoom sessions, reducing the travel time and widening the possibilities of who you can meet.

Can I afford it?

- Some spiritual directors charge a fee, some ask for a donation, some offer it for free.

How do I find the right person?

- It's perfectly ok to "shop around" - it's important you have a good connection.

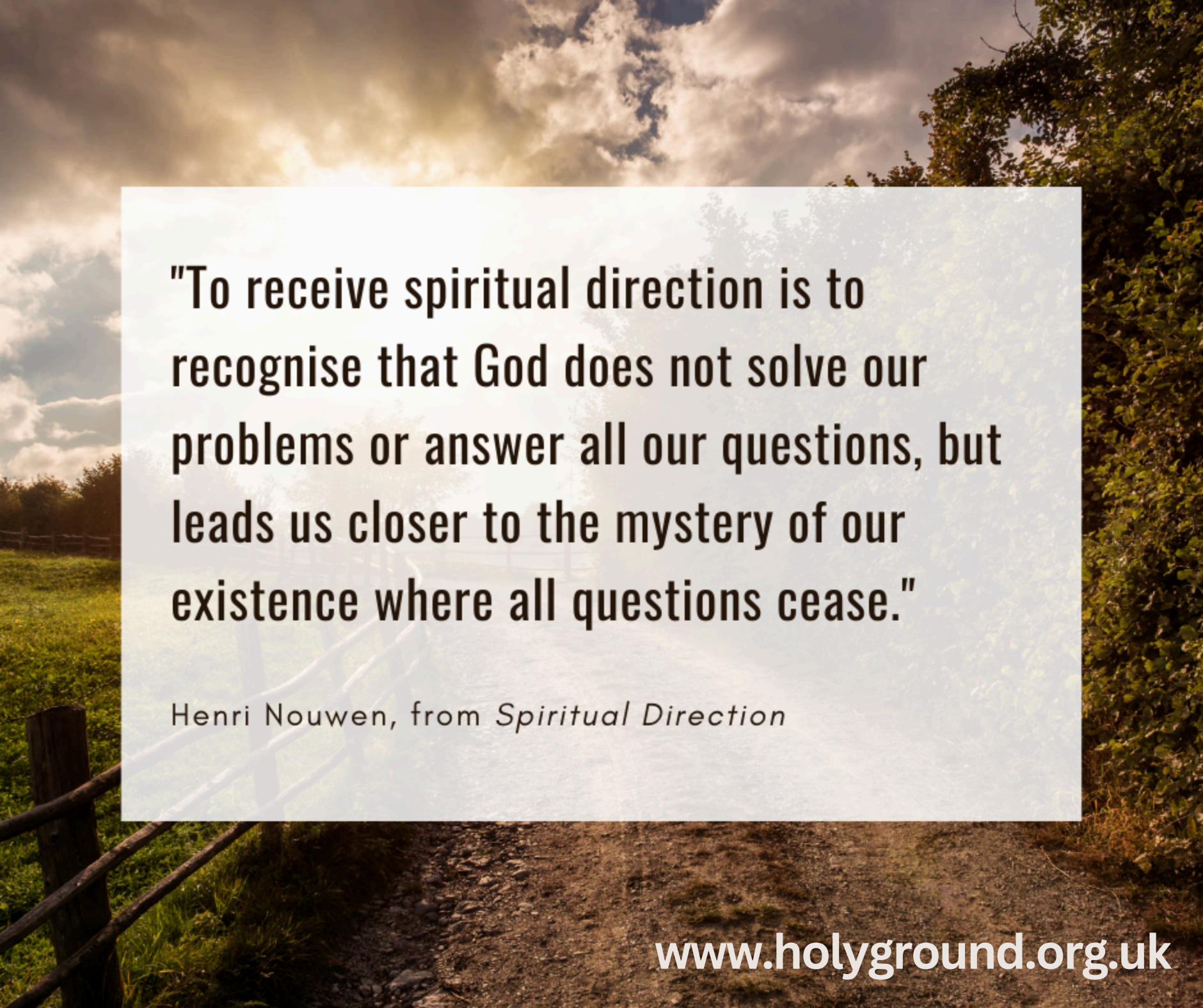
WHAT TO CONSIDER WHEN FINDING A SPIRITUAL DIRECTOR

- Would you prefer a woman or a man?
- Would it help if the Director was ordained, or not?
- Would you feel comfortable sharing with someone from a different Christian tradition?
- Would you prefer to meet in person, or online?
- Is there a particular approach or theological outlook that you would appreciate?

(be open to being surprised by what fits!)

A CREATIVE PRAYER EXERCISE...

- Sit for a few moments in stillness. Notice the thoughts, emotions and sensations that are currently present within you. Is there an image or symbol that expresses how you feel right now?
- Draw the image on a piece of paper (this is not about being "good"). What do you notice?
- Ask God to show you where and how God is in the picture. How might you draw that presence?
- What do you notice now about your drawing?
- Return to that place of inner stillness and hold all that has arisen for you in the light and love of God.



"To receive spiritual direction is to recognise that God does not solve our problems or answer all our questions, but leads us closer to the mystery of our existence where all questions cease."

Henri Nouwen, from *Spiritual Direction*