



SPIRITUAL SPRING TRAINING SPIRITUAL DIRECTION, March 21, 2010

Spiritual Direction:

- an ancient practice found in every faith tradition
- an opportunity to explore the longing for God within us
- an exploration and recognition of God's presence in our every day experiences
- a response to our inner turmoil

Who listens and helps you examine your walk through life with God? As Paul writes in Ephesians 3...
"so that you may be filled with all the fullness of God!"

We all face the inescapable challenge of working out our existence in relationship to God. We are linked to the Holy Spirit in a way we cannot adequately conceive or describe, but can experience and express throughout our life's circumstances. A Spiritual Director or Spiritual Friend can provide guidance and support along the way.

Take a Moment. Accept that you have a Sacred Story. Yes, we all have one. Spiritual Direction is approaching the mystery of your life with God and claiming that mystery as your personal, unique sacred story.

Spiritual direction is not counseling, therapy or analysis. While counselors, therapists and analysts have a very important role to play in restoring wholeness that has been lost, Spiritual Direction has an equally important role in helping others become all they were intended to be.

A Spiritual Director is one who walks with you on your spiritual journey - an individual who listens with clarity, helps you to notice and pay attention to God's presence, grace and guidance throughout your life's experiences and encounters. "...He will be our guide even to the end." (Psalm 48:14)

How Spiritual Direction works and how one relates to a Spiritual Director depends very much on one's present need, personality and external circumstances. Some may want to visit with a Spiritual Director biweekly, monthly; others will find it sufficient to be in touch only when the situation arises.

TODAY

PANEL ON SPIRITUAL FRIENDSHIP/SPIRITUAL DIRECTION

Each of us can connect more deeply with the Divine through our relationships with other people. Hear how Chris Thornsberry, Carol Ernst and Barb Hale use small groups, friendships and formal spiritual direction to help them deepen their relationship with the Divine. 10:45-noon, Spiritual Life Center, no registration or fee.

RESOURCES

- 1) Go to www.stlukesmumc.com for a list of local Spiritual Directors.
- 2) Training available at St. Benedict Inn in Beech Grove.
- 3) "Sacred Companions: The Gift of Spiritual Friendship and Direction" by David Benner. Available in Oasis
- 4) "Spiritual Direction: Wisdom for the Long Walk of Faith" by Henry Nouwen.
- 5) "The Gift of Spiritual Direction" by Winfrid Stinssen
- 6) "Holy Listening" – The Art of Spiritual Direction" by Margaret Guenther. Available in Spiritual Life Center library.
- 7) Spiritual Direction International (www.sdiworld.org) provides information and additional support worldwide.