

Spiritual Direction



Growing Closer to God Through Noticing and Sharing Your Experience of God's Presence

What Is Spiritual Direction?

Spiritual direction is a centuries old practice in Christianity that helps you notice where God is active in your life. It provides an opportunity:

- To talk about your life story;
- To slow down and to be more mindful of God's presence and action in your life;
- To listen to the movement of God in your life;
- To discern the leading of the Holy Spirit.

How Does Spiritual Direction Differ from Counseling or Life Coaching?

A spiritual director gently guides you so that you might be more aware of the transforming presence of God in your life. A spiritual director does not fix problems or tell you what to do or how and what to think. Nor does a spiritual director coach you on “how to make the most out of life”. A spiritual director helps you grow closer to God and to one another.

Who Is A Spiritual Director?

A spiritual director is an individual who has been trained in the art of spiritual direction. A spiritual director listens to your story with an ear to the movement of God and will help you explore the deeper meanings of this movement. A spiritual director is a companion along your journey of discovering who God is calling you to be. The ultimate director and transformer of lives is God.



What Might I Expect During a Spiritual Direction Session?

During the first meeting with a spiritual director, you and the spiritual director will mutually discern if you want to enter into this relationship. After 3 or 4 sessions, you and your spiritual director will spend some time reflecting on how the sessions are going and if you would like to continue. Usually such assessment is done on an annual basis.

In general, spiritual direction sessions are one hour once per month. However, sessions can be more frequent during times of crisis, a major life change, or upon your request. All sessions are confidential and usually begin with a time of centering followed by listening to your sacred story and how God is present in your life.

What Are Some of the Benefits of Spiritual Direction?

Many of those who have entered into spiritual direction have expressed the following benefits:

- A sense of inner calm and peace;
- A sense of direction in life;
- A sense of living a deeper and fuller life;
- A sense of living in the wonder, awe, and mystery of God.

Is There A Cost?

A free-will offering to HPCUMC or service, either inside or outside the church, on an hour-for-hour basis is welcomed.



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