

SOME OFTEN ASKED QUESTIONS

HOW OFTEN DO YOU SEE A DIRECTOR?

Most directees meet with the director monthly. You can determine the need you have when you meet.

HOW MUCH DOES IT COST?

Spiritual direction is a service and thus a stipend is usually offered. The suggested offering ranges from \$25-\$50 per session depending upon your ability to pay. No one will be turned away for lack of finances.

WHO KNOWS WE ARE MEETING?

The director does not share with anyone the fact she is meeting with you. All material shared in spiritual direction sessions is held confidential and is not shared by the director.

IF I START DIRECTION, DO I HAVE TO CONTINUE?

Initially, you and the director meet a few times to see how comfortable you are with one another. You need someone you feel you can trust. If you agree that you are comfortable, then you can continue for as long as you would like. If you or the director are not comfortable in the direction setting, then it is suggested that you look elsewhere for a director. You can discontinue the direction at any time, but it is suggested that you discuss it with the director prior to terminating.

Experiencing Spiritual Direction...

“The object of spiritual direction is to cultivate one’s ability to discern God’s presence in one’s life – to notice and appreciate moments of holiness, to maintain an awareness of the interconnectedness of all things, to explore ways to be open to the Blessed Holy One in challenging and difficult moments as well as in joyful ones. The director serves as a companion and witness, someone who helps you (sometimes with questions, sometimes just by listening) to discern the divine where you might have missed it and to integrate that awareness into your daily life...”

–Rabbi Jacob Staub

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KNOWLES MERCY SPIRITUALITY CENTER

SPIRITUAL DIRECTION



*Discovering God's presence
in one's life...*

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WHAT IS SPIRITUAL DIRECTION?

Spiritual Direction is the process of accompanying another individual on their spiritual journey. It is a means by which an individual may faithfully respond to the movement of God within, as it is revealed through all situations and events in their life.

Spiritual Direction invites a deeper relationship with the spiritual aspect of being human. It is an opportunity to share your sacred life story with a trained spiritual director, who will compassionately accompany you, encouraging you and at times, challenging you, on your faith journey. The Spiritual Director listens and prays with and for you, as you experience the movement of God in your life.

Spiritual Direction is a helpful means of discerning God's will in one's life. In direction, you begin to become more centered, grounded and aware of your personal space and what flows from it. You begin to connect with the God within which enables you to grow in awareness of your spiritual formation and growth.

A spiritual direction relationship is a sacred sharing in the faith and life

journey of the one being directed. It is not a friendship, nor a mutual sharing of each other's life journey. Spiritual direction is always about freeing oneself to more deeply discover God. You are free to share whatever about your life with another. You determine the depth at which you share. Spiritual direction is not counseling.

WHO GOES TO DIRECTION?

Anyone interested in deepening their prayer life and their relationship with God.

HOW DO I FIND A DIRECTOR?

If you know of a director you desire to see, contact them directly. If you would like our assistance, Knowles Mercy Spirituality Center has a Spiritual Director on staff or can recommend other trained directors. (402.359.4288)



*Listening to
the movement
of God
in your life...*



IN SPIRITUAL DIRECTION...

- The directee believes God communicates with each individual.
- The directee is willing to commit to time of prayer and to become aware of God's communication.
- The directee is willing to share with the director the happenings in his/her life.
- The director is willing to listen, encourage, challenge, and pray with/for the directee.
- The focus is God's action in the directee's life.

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