

Awakening the creative spirit bringing the arts to spiritual direction spirit

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What is the spiritual direction of a spiritual director? A spiritual director is trained to put aside his or her own agenda and assumptions, distractions and thoughts in order to fully listen on several planes to you and the Spirit. They want to process, to tell their story, and to have the input of someone who is listening to God on their behalf.

What is the spiritual direction Programme? Diploma In Spirituality Manresa has offered training in the theory and practice of spiritual direction since the 1970's. Applications for the Diploma in Spirituality (Spiritual Direction), validated by Maynooth, are accepted between January and April each year for the course starting the following September.

What is a certified spiritual director? In this graduate-level program, you'll be trained to serve as a qualified spiritual director in the Christian tradition, equipped with the skills to offer a ministry of guidance and prayer in a confidential setting of encouragement and compassion.

Are spiritual directors biblical? If you are exploring the idea of working with a Spiritual Director and have the question, "is Spiritual Direction biblical," you can be assured that the answer is yes. In this article we will explore how in the Bible we see a director/mentor relationship in a number of stories.

What are the stages of spiritual direction?

What is the gift of spiritual direction? The gift of spiritual direction is a gift to the whole people of God, the Church. Christ calls some of his faithful to serve as spiritual directors so as to accompany others in their journey toward union with him. This call is both a gift and a task to be taken up for the sake of the whole.

Who can give spiritual direction? A spiritual director could be our pastor or another priest, our confessor (the priest from whom we regularly receive the Sacrament of Reconciliation), a religious (monk, friar, or nun), or an experienced and well-formed lay person.

What do you talk about in spiritual direction? Once a person feels comfortable, the spiritual director or mentor can invite the person to share more about how they usually experience God, what their specific feelings are right now, and what they have done to nurture a relationship with God.

How much does a spiritual director cost? Fees for spiritual direction typically run on a sliding scale, up to \$150 per 50-minute session.

How long does it take to become a spiritual director? After completing Contemplative Listening and Foundations of Spiritual Direction, students must complete two years of supervised practicum. Students will meet with two directees ten times each year, as well as meet with a supervisor eight times each year.

What is the difference between spiritual direction and spiritual coaching? Spiritual directors are “established” in understanding the ways and seeking the face of God; coaches do not necessarily have an expertise in the client's area of focus. Spiritual direction can sometimes be directive; coaching is always non-directive.

What are the characteristics of a good spiritual director? willing to follow universal ethical guidelines, summarized as “Do no harm.” accountable in a community setting. committed to contemplative, compassionate listening, with respect for the agency of directees. supervised by other spiritual directors and accountable through that direct supervision.

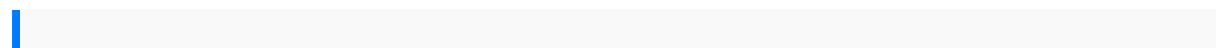
What is spiritual direction for pastors? Clergy have an important ministry role to serve as a spiritual director for others in their community. It's a role of asking incisive questions that invite others to attend to the presence and the voice of God. But many

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clergy do not have a relationship with another person who serves in this role for them.

What should I discuss in spiritual direction?

How to discern a spiritual director? Think about how the director listened to your story. Evaluate if you feel understood by the director. Is there sufficient agreement in your faith beliefs? Does the director take the initiative to define your relationship by discussing his/her code of ethics, session format, fee expectations, etc.



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