

Spiritual Direction

Verses

Psalm 139: 1-4, 7-10, 23-24

Psalm 63:1

Psalm 62:1-2, 5-7, 8

What is Spiritual Direction?

Defining Terms: Spiritual

Direction

Definition Spiritual Direction is “A particular way of helping, by one believer to another, that enables or encourages the seeker to notice and pay attention to God’s personal communication to him or her, to respond to God, to grow in intimacy with God, and to live in the results of that relationship” The Practice of Spiritual Direction Barry and Connolly pg. 8

History

How Do We Do This?

Why is Spiritual Direction Helpful in our Relationship With and Walk with God?

How, Exactly, Does it Work?

How Spiritual Direction Differs from Counseling or Therapy

What Might People Bring to Spiritual Direction? (Why Might They Come?)

Questions?

Silence

Close

Questions for Discussion

1. Thoughts on the presentation. Has anything made you curious? Has anything caused you to be resistant? Is there anything else pertaining to the presentation you want to talk about?
2. Do you sense any kind of invitation from God to think more about something He might have brought to your attention through the presentation? (Not necessarily an invitation into direction, but anything He is nudging you about?)
3. How does or has God made himself known to you in the midst of your everyday life, or in church or prayer time? This might be something you have experienced without recognizing that it was Him.
4. Have you ever had times when, in prayer, you recognized God's presence? What was that like? Have there been times when you wanted His presence but didn't feel like He was there?

Poem to Ponder Might this apply to all we have discussed this evening?

The Real Work

It may be that when we no longer know what to do
we have come to our real work.

And that when we no longer know which way to go
we have come to our real journey.

The mind that is not baffled is not engaged.

The impeded stream is the one that sings.

Wendell Berry, *Collected Poems*