

LIVINGTHEWORD

SPIRITUAL DIRECTION

spiritual direction or finding a companion to walk with you in seeking to grow closer to God is a very significant step

- Sometimes we feel a real desire to grow more in our relationship with God.
- A 'Spiritual Director / Companion' is a relationship with another person specifically for the purpose of helping you become more aware of God's presence at work in your life. This can be a more formal relationship with someone who does this as part of their work, eg, priest, religious, or it can be a good Christian friend whom you know prays and you sense their holiness and authenticity—and you catch up and share together about prayer and each others relationship with God.
- Beginning a spiritual direction / companion relationship presumes that you have a desire to really grow close to God. And it presumes you pray and really try to listen to God. Consequently some people are not always ready for 'spiritual direction / companionship'. Spiritual direction / companionship is not *just* a friendly 'chat' with a friend, but a real talk about spiritual direction!
- We are all called to be holy and live our lives close to God – but not all of us really seek holiness. Its so easy to be a 'spiritual sleepwalker' – to live our daily life without paying attention to how we are spiritually. A person who enters into a spiritual direction relationship makes a decision to actually pursue holiness.
- An arrangement is normally made to meet once a month where you can meet for 45mins – 60mins and share what has been going on in your life. Problems can be shared, time in prayer can be talked about, just talking about what has been happening in your life..... But the focus becomes where God is in all of this – and your director / companion is always listening for signs of God's hand at work in all that you share.

Am I ready?

- Do I have a desire to grow in my relationship with God and in prayer?
- Do I feel saddened by a part of my life and want some wisdom and help?
- Counselling or Spiritual Direction? Spiritual direction / companionship is different from counselling. Counselling is often focussing on problems; spiritual direction / companionship is focussing on God . Sure, problems can be shared, but the spiritual director / companion will always try and help you bring God into the picture of your life – and suggest a step forward in faith.
- Don't be afraid to ask someone if they could be your 'prayer companion'. We grow in understanding and compassion when we share truthfully how we are going in our Christian journey—and we make great friends along the way too!