

## SPIRITUAL DIRECTION IS IT FOR YOU?

- ◆ Are you looking to deepen your relationship with God?
- ◆ Do you want to discover God in all the complexity of your life?
- ◆ Do you seek to invite God further into your daily choices?
- ◆ Would you welcome companionship on your journey?

Then Spiritual Direction  
may be for you.




Spiritual Direction is the contemplative practice of helping another person to awaken to the mystery called God in all of life, and to respond to that discovery in a relationship of freedom and commitment.”

*James Keegan, SJ*



TO SPEAK WITH A SPIRITUAL DIRECTOR  
ABOUT DIRECTION CONTACT US AT:


**D**  **Y L E S F O R D**  
A B B E Y

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**D**  **Y L E S F O R D**  
A B B E Y

## SPIRITUAL DIRECTION



“ASK, AND IT WILL BE  
GIVEN TO YOU; SEEK, AND  
YOU WILL FIND; KNOCK,  
AND IT WILL BE OPENED  
FOR YOU.”

*MT 7:7*

## SOME BENEFITS OF SPIRITUAL DIRECTION

### Spiritual Direction Aids the Seeker to:

- ◆ *Become more aware of God's presence and unconditional love*
- ◆ *Deepen one's relationship with God*
- ◆ *Become more intentional about one's spiritual life*
- ◆ *Explore & expand one's spiritual practices*
- ◆ *Grow in inner freedom from what hinders one's growth*
- ◆ *Learn to still one's soul in the midst of life's demands*



Through this intentional process of spiritual direction, God leads one toward inner wholeness and spiritual maturity.

**“Spiritual Directors define themselves as co-discerners, listeners, companions, midwives, soul-friends, and spiritual companions. The Spiritual Director’s role involves helping the other recognize and respond to the divine direction.”**

*Janet Ruffing, RSM*

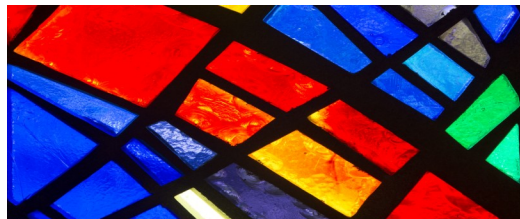


Both women & men serve as spiritual directors at Daylesford

They received training at a variety of accredited institutions and are experienced in journeying with seekers from many faith traditions.

Appointments are typically scheduled monthly. *Suggested offering:* \$40 to \$60.  
No one is turned away financially

All spiritual direction conversations are held in strict confidence



## FREQUENTLY ASKED QUESTIONS

### **Do I need an exceptional spiritual to participate in Spiritual Direction?**

Absolutely not! God meets us where we are in the ordinary experiences of our everyday lives.

### **What will we talk about? What do I say?**

Nothing is off limits. The choice of what to talk about is always up to you. Bring the events of your life, past or present. Bring your prayer life & spiritual practices, your struggles and temptations, your disappointments and dreams, your consolations and suffering, your hope, and sense of invitation.

### **Is Direction counseling or therapy?**

No. Directors do not act as therapists, licensed counselors, pastoral counselors or crisis intervention specialists.

### **How will I know if this is for me?**

Some signs of readiness are: the desire to keep God as a top priority in one's life, the willingness to follow where God may seem to be leading and a willingness to make time for regular periods of prayer and spiritual practice.

