

St. Vincent de Paul Spiritual Direction

What is Spiritual Direction?

Spiritual Direction is a specialized ministry in the Church. It is a graced way of serving another believer, helping the other to grow in intimacy with God, and to live out the consequences of that intimacy. The focus of a Spiritual Direction relationship is the directee's experience of God and how communication happens between God and the directee. Trained Spiritual Directors have a background in ministry, communication skills, personality dynamics, and various resources in prayer, spirituality, and Scripture. Both director and directee agree to meet regularly (usually once a month for up to an hour) so that the directee might pay closer attention to God.

Why would I need a Spiritual Director?

The need for a Spiritual Director comes when one wants to develop a deeper relationship with God, when one's search for God seems to be at a crossroad, when one wants to explore new methods of prayer or prayer becomes difficult, when one feels the need for someone to help in discerning the call of the Spirit, or when one feels the need for a companion on the Spiritual Journey to walk with them and listen.

What Happens in Spiritual Direction?

The person coming to Spiritual Direction should try to describe to the director, whom one trusts and in whom one experiences the genuine virtues of faith, hope, and charity:

- When one prays and how often, how one prays, what one experiences during prayer; the results of prayer in one's life, one's participation in the life of the Church
- One's anxieties, fears, struggles, day-to-day worries and trials
- How one gets along with others; patience, tolerance, cooperation, charity, etc.

In Spiritual Direction, the directee is far more active than the director is.

What Can I Expect?

The director helps you to be more aware of whom God is for you; and helps you to notice God's movement in the events of your life and in your prayer. The director assists the prayer in being able to talk about what you are experiencing, as well as how to be attentive to God's invitations, urgings, and confirmations, and to recognize resistances and roadblocks. In the spiritual direction sessions, as we meet God, our life path can become more clear, our wounds can be healed, and our lives can be made whole by deepening our relationship with our Lord and Savior, Jesus Christ.

For more information or to make an appointment with a spiritual director,

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