

Spiritual Direction is a sacred opportunity to draw into a deeper relationship with God.

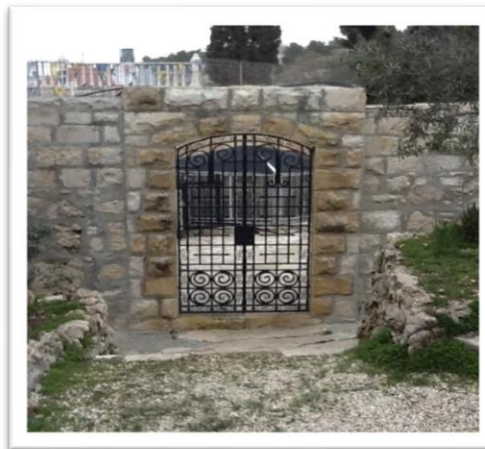
"The whole purpose of spiritual direction is to penetrate beneath the surface of our lives... and draw out our inner spiritual freedom."
Thomas Merton



In Spiritual direction you reflect deeply on God, on yourself and on your experiences in daily life. Noticing God's presence and grace in your life in new ways, you are encouraged to listen to your deeper longings and open yourself to God's love and healing.

Benefits of Spiritual Direction

- Incorporate more spirituality into your daily routine.
- Talk with someone about spiritual experiences or thoughts.
- Discern God's will when facing a difficult decision.
- Listen more carefully and see more clearly God's presence in your life.
- Face challenges grounded in God's love and grace.
- Voice your hopes, struggles and questions of faith in confidentiality.



Meeting with a Spiritual Director

A spiritual director serves as your spiritual companion - walking with you as you journey into a deeper relationship with God. This can take place in confidential one-on-one

meetings, or small group settings. The image of three



chairs reminds us of the presence of the Holy Spirit along with the directee and director during spiritual direction.

Most spiritual directors have rigorous training in spiritual direction and spiritual disciplines. They continue to grow in their own spiritual life through prayer, continuing education, supervision and meeting with their own spiritual director.

During your initial contact, you will set a time and place to meet that is convenient for both of you. Usually meetings take place monthly and last an hour. Sometimes people meet for a specific purpose or to complete a set of spiritual exercises. Note that spiritual direction is not the same as clinical and pastoral counseling. There is usually a fee for spiritual direction, which varies with each director.

Finding a Spiritual Director

There are a number of UM spiritual directors in the East Ohio Conference. They meet regularly under the **Program of Pastoral Care and Counseling of the East Ohio Conference**. Access to their profiles and contact information can be found at: <http://www.eocumc.com/pastoralcare/pdf-spiritual-direction/Spiritual-Directors.pdf> or 330-456-0486

Hearts on Fire: Fellowship of United Methodist Spiritual Directors and Retreat Leaders also has a national directory of United Methodist spiritual directors at: <https://fumsdrl.org/find-a-spiritual-director-or-retreat-leader/>

Spiritual Directors International offers *Seek and Find: A Worldwide Resource Guide of Available Spiritual Directors* at www.sdiworld.org



God's grace creates within us the desire for God.
If we respond to God,
our desire increases
more and more...

This grace teaches us
“to do justice,
to love kindness,
to walk humbly
with our God.”



John Wesley

Spiritual Direction

Be still and know



that I am God.

East Ohio Conference
of the
United Methodist Church