



## **FREQUENTLY ASKED QUESTIONS ABOUT SPIRITUAL DIRECTION**

### ***WHEN IS THE RIGHT TIME TO SEEK SPIRITUAL DIRECTION?***

Spiritual direction is helpful at any time and all throughout life. The very thought that it might be something you want to explore suggests that the Holy Spirit is inviting you to grow closer to the Lord.

Sometimes an individual begins Spiritual Direction when dealing with a difficult situation or choice. Other times one is at a point of transition and has the time and desire to reflect on their relationship with God and others. And still other times, individuals are referred during confession.

### ***WHAT HAPPENS IN A SPIRITUAL DIRECTION SESSION?***

The subject matter of Spiritual Direction is whatever seems significant in the life of the person seeking direction. It could be exploring a critical issue or a dream, discerning life choices, discovering ways to pray, or simply acknowledging a longing or question that persists over time.

The Spiritual Director remains present to the directee through deep listening, evocative questions, support, and creating a safe and confidential environment where one can openly and prayerfully explore where God's spirit is leading.

### ***HOW OFTEN DOES SPIRITUAL DIRECTION OCCUR?***

Usually, Spiritual Direction meetings occur monthly and last for an hour. The need of the person seeking direction is always honored.

### ***WHAT IS THE DIFFERENCE BETWEEN SPIRITUAL DIRECTION AND COUNSELING?***

In general, it can be said that therapeutic relationships deal primarily with problem areas of one's life and therapy attempts to bring a healthy resolution to those issues. Spiritual Direction is concerned with prayerfully finding and responding to God in all of life, in the midst of pain and disorder, as well as the everyday.

### ***IS THERE A COST FOR SPIRITUAL DIRECTION AT ST. ANGELA MERICI CATHOLIC CHURCH?***

There is no fee for Spiritual Direction at St. Angela Merici Catholic Church. Our Spiritual Directors experience the ministry as a privilege and willingly donate their time.