



SPIRITUAL DIRECTION

What is it?

There exists much confusion about exactly what is and what is not spiritual direction. As many search new spiritual paths, the term “spiritual direction” has grown to be very fashionable, especially in protestant circles. From websites for churches and therapists to casual conversations between friends, the term spiritual direction flows freely. Regardless of how the term is currently used in christian circles, the art and practice of spiritual direction is very well defined:

“Help given by one Christian to another which enables that person to
pay attention to God’s personal communication to him or her
to respond to this personally communicating God,
to grow in intimacy with this God,
and to live out the consequences of the relationship.”

William A. Barry and William J. Connolly,
The Practice of Spiritual Direction

In practice, this definition gets built out more specifically. It is about relationship:

- It is usually a specific, continuing relationship with a trusted guide for an expressed purpose, the purpose of growing intimacy, relationship with the Divine. ● The spiritual direction relationship focuses on the “directee’s” experience of their relationship with God and God’s relationship with them.
- Spiritual direction works from the assumption that the relationship is going somewhere: deepening, shaping, enlivening. It asks the question, “What is God’s relationship with you and your relationship with God inviting you to?”
- Most importantly, the real spiritual director is God. As spiritual directors, we do not get involved with problem solving, counseling, and advice giving. Rather, through paying attention to the “directee’s” relationship with God, directors help directees respond to God’s invitation of deepening relationship.

Who spiritual direction for:

Generally speaking, spiritual direction is for anyone. Spiritual direction is a place to bring your longings, when life’s questions are no longer satisfied by the things of daily life. Spiritual direction is for the person who believes there must be something more.



This is especially true during specific seasons of life. Perhaps the most universal reason for seeking to begin in spiritual direction is an interior sense that God is inviting oneself to deeper relationship. Other commonly expressed reasons for people entering spiritual direction are seasons of change, seasons of loss, and seasons of discernment. Often we need another person to help us be silent, and to help see what we do not see so easily.

What should I expect?

This is an hour that is set aside for you. It is a time for you to share with your spiritual director what you are experiencing with the Triune God. Together in silent prayer, we will have times to listen to the Holy Spirit. As directors, we will prayerfully ask questions that will allow you to explore where God is working and what you hear Him saying to you. We will not be teaching or counseling, but we will be praying and listening. We may highlight themes or offer some insights as you share your prayer life with us. It truly is an hour of prayer and a time of discovering our Creator.

What is spiritual direction about?

Perhaps somewhat surprisingly, spiritual direction is not about the director, nor is it necessarily about the person seeking direction (the “directee”). Spiritual direction is about *the relationship* God has with the directee and *the relationship* the directee has with God. As we move in relationship toward God, we begin to see that God is already moving toward us.

*“...We throw open our doors to God and discover at the same moment
that He
has already thrown open his door to us.”*

Romans 5:1-2, *The Message*

What is the difference between spiritual direction and other helping ministries?

Spiritual direction:

General purpose: *praying for intimacy with God*

Client: *The relationship between God and the one seeking direction.*

Soul Care Seattle @ The Layne
1252 16th Ave E, Seattle WA 98112
Website: Soulcareseseattle.com



Questions asked: *What is God doing? Who is God for me, and who am I for God? How can I go deeper with God than what I have experienced in my journey thus far?*

Pastoral counseling:

General purpose: *Problem-solving, healing wounds, managing crisis*

Client: *The individual in need*

Question asked: *What is broken or wrong?*

Mentoring:

General purpose: *Development*

Client: *The individual seeking maturity*

Question asked: *What should I do?*

Discipling:

General purpose: *Instruction*

Client: *The individual seeking understanding*

Question asked: *What do I need to know?*

(Paraphrased from Jeanette Bakke, *Holy invitations* and from Barry & Connolly from *The Practice of Spiritual Direction*)

What is the commitment & cost?

Spiritual direction relationships are usually monthly, 50 minute sessions. We ask for a \$90 donation to Soul Care Seattle per session. We call it a donation because all funds go to support the broader work of Soul Care Seattle and payment is not required. We offer a sliding scale model so that everyone who desires spiritual direction will feel welcomed. ***Cost should never be a deterrent.***

Scheduling Appointments:

Our typical schedule for spiritual direction appointments are Mondays, Tuesdays, Wednesdays and Fridays. We can meet by Zoom or in-person at our location, in Seattle, on Capitol Hill: **1252 16th Ave E, Seattle, WA 98112**. Parking tends to be generous.

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(Always be sure to set aside a moment of quiet before and after our meeting, and ensure that you have a private place when we start our session together.)

To schedule: use the scheduling link on our website: Soulcareseattle.com (*Click on Spiritual Direction*)

Cancelling appointments: Our scheduling software will allow you to cancel (and reschedule) up to 12 hours before your appointment. For cancellations within 12 hours, for reasons other than illness, we ask you to consider making your usual donation. While it's true that we at Soul Care Seattle do not charge for these sessions, our ministry does rely on these donations.

Other Details

- Certificate in Spiritual Direction through Selah-West, Leadership Transformations International.
- Continued training in offering the Spiritual Exercises of St Ignatius through, The Lanteri Center, Denver, Colorado. Completed 2021.
- Soul Care Seattle operates under a formal ethical code, provided by the Evangelical Spiritual Director's Association (ESDA), of which we are both members.
- We have a verbal agreement, based on the information in this document, as to what spiritual direction is and how it differs from other helping ministries, what to expect, potential for referral, scheduling, meeting length, times and locations, understanding of strict confidentiality and the process for evaluating and terminating the relationship.

All sessions are held in complete confidence (We will only share the content from a session for the purposes of supervision, which will be also held in the strictest confidence by all participants). Regarding physical harm to oneself or another, the appropriate authorities, with your knowledge, will be reported. In the State of Washington, child abuse and neglect is mandate reporting. If you are in therapy we ask that the therapist be informed as a concurrent direction relationship.

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