

SPIRITUAL DIRECTION is the prayerful practice of being with people as they seek to grow and deepen their relationship with God, helping them attend to God's voice and recognize His presence. Spiritual Direction asks the question: *'Where is God and what is He doing in my world?'*

Personally, I love the image for spiritual direction found in Luke 24 of two disciples walking together with Jesus along the road mutually listening to Him speak of God's actions in the lives of people which can lead to a moment when they sense, "Were not our hearts burning within us while He was speaking to us on the road"

~ Richard H. Herman

Some other Definitions of Spiritual Direction:

- Spiritual Direction is a form of pastoral care in which, through conversation, one Christian assists another, or a group of Christians, on the journey of discovering, appreciation, and responding to the presence and invitation of God, in the hope that we can live our lives with a heightened awareness of love and a deeper commitment to love. Spiritual Direction is simply 'accompanying others on the road to Emmaus.' ~ Ekman P. C. Tam [from "The Road to Emmaus: A Biblical Rational for Spiritual Direction," in *Presence*, June 2006]
- Christian spiritual direction is help given by one believer to another that enables the latter 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 consequence of the relationship. Spiritual direction is directly concerned with a person's actual experiences of the relationship with God. It asks the question, 'Who is God for me, and who am I for God.' ~ William Barry and William J. Connolly [from *The Practice of Spiritual Direction*, pp 8 and 5]
- Spiritual Direction is a one-on-one relationship organized around prayer and conversation directed toward deepening intimacy with God. ~ David G. Benner [from the preface to *Spiritual Companions: The Gift of Spiritual Friendship and Direction*. p. 17]
- Spiritual direction is a prayer process in which a person seeking help in cultivating a deeper personal relationship with God meets with another person or prayer and conversation that is focused on increasing awareness of God in the midst of life experiences and facilitating surrender to God's loving will. ~ David G. Benner [from *Spiritual Companions: The Gift of Spiritual Friendship and Direction*, p. 94]
- Spiritual direction could be defined as taking place when one person (the director) prayerfully supports and encourages another person (the directee) to attend and respond to God. As a fellow pilgrim, the spiritual director accompanies the directee on this journey of faith. The real director is God the Holy Spirit, who initiates and inspires the directees's deepening relationship with the Trinity, with his or her own self, with other people and with the realities of life in the global village of the twenty-first century. ~ Sue Pickering [from *Spiritual Direction—a Practical Introduction*, p. 3]