

**What is a Spiritual Director:**

A spiritual Director is someone formed in attentiveness to Scripture and the Holy Spirit who will pray with you, listen to you and help you discern God-His presence, movement, and deep love in your life. A Spiritual Director or *spiritual friend* is someone who walks alongside you, companioning you on your journey of formation.

**Why Spiritual Direction:**

The hope of Spiritual Direction is Spiritual formation-to be shaped into the likeness of Christ for the sake of others, and to grow in an ever increasing capacity to live a spiritual life from the heart.

**What Spiritual Direction is not:**

Spiritual Direction is not therapy, counseling, or life coaching. Spiritual Direction is not centered on solving problems, offering advice or achieving goals. Instead, Spiritual Direction attends to the parts of our lives that cannot be fixed or solved like our prayer life, our longings, emotions, questions, and daily experiences. In direction, the Director will help you notice and respond to the presence of God within these places.