

How to Find a Spiritual Director

- * Contact the Regional Coordinator who can describe this ministry and make suggestions for spiritual directors close to you.
- * Spend time in prayer around the referrals you received
- * Contact the spiritual directors. Remain in a spirit of prayer as you discern which director with whom to journey.

The Regional Coordinator is:
Rev. Eva Sullivan-Knoff

evasullivanknoff@gmail.com

773-817-0890

Questions you can ask a prospective spiritual director:

- * What is your training and experience as a spiritual director?
- * How do you care for your own spiritual life?



For referrals for spiritual directors in other conferences, contact:

The Evangelical Covenant Church

Department of Christian Formation

(773) 583-0220

WHAT IS SPIRITUAL
DIRECTION?

Spiritual Direction

*A ministry of the Central
Conference of the Evangelical
Covenant Church*



Why Spiritual Direction?

"The first service that one owes to others in the fellowship consists in listening to them. Just as love to God begins with listening to His Word, so the beginning of love of the brethren begins with listening to them."

Dietrich Bonhoeffer



"Spiritual Direction has created the space and opportunity that I need to pause, to listen and to recognize where God is at work in my life and where in my life I have neglected to invite God in. The invitation is ongoing; Spiritual Direction humbly helps me answer it."

Rev. Jennifer Zerby

"Having a time and space to speak and listen with someone whose sole responsibility is to help me hear the voice of God has become indispensable to me. Not only is my own soul cared for during these conversations, I'm also learning how to listen for God's voice in the lives of those I serve."

Rev. David Swanson

What is Spiritual Direction?

Spiritual direction is the ministry of listening, discernment, and prayer in a confidential setting of encouragement and compassion.

An individual offering spiritual direction is a spiritual companion, helping to discern the movement of God in another's life.

Like you, a spiritual director is a spiritual seeker, someone who can walk with you on a journey of discovery and growth. This enables you to pay attention to God's personal communication with you, to respond to this personally communicating God, and to grow in intimacy with God.

Ultimately, your real Spiritual Director is God's Spirit, who has walked with you from the beginning and will continue to do so as you seek His presence and guidance.

*As you go on your way,
Jesus goes with you;
Before you to show you
the way,
Behind you to encourage you,
Above you to watch over you,
Below you to uphold you,
Within you to give you
God's peace,
And beside you to be your
friend.*

-a Celtic Blessing



Note: this description was adapted from What to Expect in Christian Spiritual Direction; SDI; Candlelight y Susan S. Phillips, and the Practice of Spiritual Direction by Barry and Connolly.