

## Spiritual Direction is a sacred opportunity to draw into a deeper relationship with God.

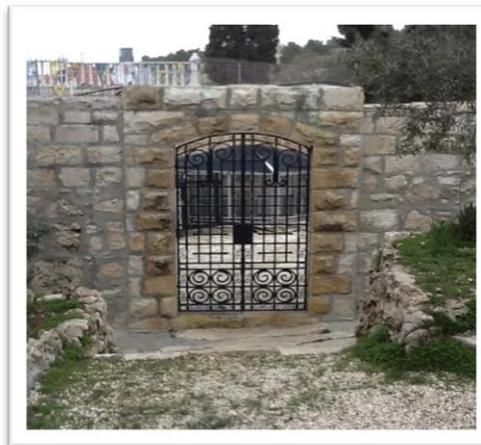
*"The whole purpose of spiritual direction is to penetrate beneath the surface of our lives... and draw out our inner spiritual freedom."  
Thomas Merton*



In Spiritual direction you reflect deeply on God, on yourself and on your experiences in daily life. Noticing God's presence and grace in your life in new ways, you are encouraged to listen to your deeper longings and open yourself to God's love and healing.

## Benefits of Spiritual Direction

- Incorporate more spirituality into your daily routine.
- Talk with someone about spiritual experiences or thoughts.
- Discern God's will when facing a difficult decision.
- Listen more carefully and see more clearly God's presence in your life.
- Face challenges grounded in God's love and grace.
- Voice your hopes, struggles and questions of faith in confidentiality.



## Meeting with a Spiritual Director

A spiritual director serves as your spiritual companion - walking with you as you journey into a deeper relationship with God. This can take place in confidential one-on-one meetings, or small group settings. The image of three chairs reminds us of the presence of the Holy Spirit along with the directee and director during spiritual direction.



Most spiritual directors have rigorous training in spiritual direction and spiritual disciplines. They continue to grow in their own spiritual life through prayer, continuing education, supervision and meeting with their own spiritual director.

During your initial contact, you will set a time and place to meet that is convenient for both of you. Usually meetings take place monthly and last an hour. Sometimes people meet for a specific purpose or to complete a set of spiritual exercises. Note that spiritual direction is not the same as clinical and pastoral counseling. There is usually a fee for spiritual direction, which varies with each director.

## Finding a Spiritual Director

There are a number of UM spiritual directors in the East Ohio Conference who have been meeting monthly for the past year under the **Pastoral Care and Counseling Program of the East Ohio Conference**. Access to their profiles and contact information can be found at: <http://www.eocumc.com/pastoralcare/spiritual-direction.html> or 330-456-0486.

**Hearts on Fire: Fellowship of United Methodist Spiritual Directors and Retreat Leaders** also has a national directory of UM spiritual directors at: <https://fumsdrl.org/>

**Spiritual Directors International** offers *Seek and Find: A Worldwide Resource Guide of Available Spiritual Directors* at: <http://www.sdiworld.org/>



God's grace creates within us the desire for God. If we respond to God, our desire increases more and more...

This grace teaches us "to do justice, to love kindness, to walk humbly with our God."

John Wesley



# Spiritual Direction

*Be still and know*



*that I am God.*

East Ohio Conference  
of the  
United Methodist Church