

“Spiritual Direction has quickly become my favorite hour each month. It has allowed me to refocus and center on Christ. It’s helpful to verbalize what I am going through and become aware of where God is in the midst of everything. I leave the session feeling encouraged and far more at peace with God and what is going on currently or will come up in the future.”

~ directee, a female college student

Jesus said, “Where two or more are gathered in my name, there am I in their midst.” Matthew 18:20

Is Spiritual Direction for me?

If you’re in a time of transition or feeling restless in your relationship with God, Spiritual Direction may be for you. Direction is ideal if you would like to grow in your relationship with God. It’s also ideal if you are struggling with honest questions about your interaction with God or if you’d like to become more aware of God’s activity in your life.

Spiritual Direction is not counseling, coaching, mentoring, or accountability. It is an intentional, prayerful, and safe relationship that is focused on watching for God’s activity in your life. It can be helpful at times to go to both a therapist and a Spiritual Director during intense times of transition or grief.

Still not sure? Contact me. I’d be happy to talk more about Spiritual Direction and discover if it might be a fit for you.



Fees

The first session is free. The first visit is to assess if Spiritual Direction is a fit for you.

After that, the fee can be from \$40 to \$60 per session. The actual amount should be decided upon by the directee after prayer. Direction will not be denied anyone due to finances.



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TRAINED IN SPIRITUAL DIRECTION,
CHRISTOS CENTER FOR SPIRITUAL
FORMATION

ADVANCED CERTIFICATE IN BIBLICAL
COUNSELING, TRAUMA & GRIEF,
AMERICAN ASSOCIATION OF
CHRISTIAN COUNSELING

CERTIFIED ENNEAGRAM TRAINER

SPIRITUAL DIRECTION



*Be still before the LORD
and wait patiently
for Him.
Psalm 37:7*

“Opening our ideas and feelings with another person and intentionally inviting God to be present is like opening the windows of a closed house to spring air.”

Jeannette Bakke, *Holy Invitations*

The Process of Spiritual Direction

Spiritual Direction helps us hear, recognize and pay attention to the voice of God. The Spiritual Direction relationship is safe and confidential, so that honesty in all forms can be expressed.



During the one hour meeting, director and directee enter a prayerful atmosphere where together they can be attentive to the Holy Spirit.

The director's primary role is to be a prayerful listener, asking questions, making observations, and reflecting back truth. The directee's primary role is to be honest and prayerfully open to God.

A typical hour with me begins with silence to settle the heart and mind. Then, I will present a prayer experience such as praying Scripture, reflecting on art, a blessing, music, or other prayer. The rest of the time is open for the directee to talk about whatever is most present for them. God speaks through the big and little events in our lives - nothing is too mundane to bring up in the session.

"Lori has been very approachable and creative with our time together, using art and other practices. Her calm and reassuring presence makes our time together safe." - directee, a mother, grandmother, writer

The Directee

There are several important characteristics that are necessary before entering into spiritual direction:

First, the **desire to grow** in faith, hope, and love is foundational. There should be a willingness to see ourselves in the truth.

Second is the need for **openness**. There should be humility, receptivity, and teachability.

Third, the directee should be **intentional**. Before coming to the session, take time to reflect and prepare for the hour.

The Director

My primary responsibility as a director is to pray for the directee and to have openness to God for what is truly called for on behalf of the directee during the sessions. I love being a safe, listening, compassionate presence.

I take seriously my relationship with God through intentional prayer, attention to personal solitude time and regular spiritual direction.

Also, as a means of accountability and growth, I participate in a peer supervision group with other practicing Spiritual Directors.

Confidentiality is absolutely observed and strict anonymity of directees is kept at all times.

Choosing a Director

In a direction relationship, it's important that there to be a mutual sense of the potential for open, honest, clear communication. There should also be a mutual dependence upon the Spirit at work in the relationship.

After an initial appointment to get acquainted and if it seems right to continue, it is helpful to meet three times and then evaluate how things are going. Following that, periodic evaluations are encouraged so that what was begun as a right thing does not continue past its time.



"I have found spiritual direction to be particularly helpful in assisting people to have a space in which they can dialogue with a trusted person on identifying what the road blocks are in their relationship with Christ and how to accept His invitation for deeper intimacy with Him. To watch someone grow in spiritual freedom and deeper love for Christ is quite a magnificent thing." - Nancy Kane, Moody Bible Institute Professor