

What is Spiritual Direction?

Spiritual direction is the process of accompanying people on a spiritual journey. The purpose of spiritual direction is to foster your personal relationship with God. Through spiritual direction, you become more aware of God's presence in your life, more aware of God's desires for you and more free in responding to God's love. You also grow closer to God as you become more aware of the spiritual aspect of being human.

What will I talk about?

The focus is on experience, particularly your experience of God and where and how you might grow closer to God. Often, people talk about times when they experience strong positive or negative feelings. These are often sacred moments to explore.

How does the spiritual direction work?

Spiritual direction is not really about being "directed." Rather, it is about being encouraged to draw closer to God. A spiritual director is a companion; one who helps you notice, explore, relive and enjoy your experience of God. You and your spiritual director will agree on a convenient location and time for meeting.

What questions will she ask?

A spiritual director may ask:

- When you pray, what is God like for you?
- How did you notice God's presence in the last few weeks?
- As you reflect on that situation now, were you aware of God's presence?
- Can you share your feelings of anger with God?
- What was it like to share that experience and your feelings with God?

How is spiritual direction different than counseling?

The primary difference is that the focus of spiritual direction is on the relationship you have with God.

How do I choose a spiritual director?

The privilege and responsibility of a spiritual director is to journey beside you. You should look for a spiritual director with training and experience. Equally important is the need to look for someone with whom you feel safe, and whom you can trust.

*When you look for me,
you will find me.
Yes, when you seek me
with all your heart,
you will find me with you,
says God.*

Jeremiah 29:13-14



Why Spiritual Direction?

There are a variety of reasons you might seek the gifts of spiritual direction. These include:

- identifying your experiences of God,
- integrating spirituality into your daily life,
- discerning and making choices,
- sharing hopes, challenges and dreams,
- developing a sensitivity for issues such as poverty and justice issues, and
- living your spiritual call with integrity to be a child of God.

Sister Elaine Garry



The ministry of spiritual direction involves not only formal education and experience, but also a sense of being called. Sister Elaine Garry has been a religious studies educator for over 20 years. She

holds a master's in theology and a master's in religious education. She also has extensive training in spiritual direction and has been active in this ministry for since 1998.

*Grow in Relationship
with God*

Deepen Understanding

Find Meaning

Connect

Commit

Contemplate



Sisters of the Presentation
of the Blessed Virgin Mary

In Joyful Service

*Spiritual
Direction*

If you are interested in spiritual direction or would like further information, please call:

Sister Elaine Garry,
Certified Spiritual Director,
Retreat Director and Educator

Phone: 605-229-8421

e-mail: garrye@presentationsisters.org

In the midst of your busy life, spiritual direction provides guidance as you grow in your relationship with God and become more adept at seeing God in daily life.



Sisters of the Presentation
of the Blessed Virgin Mary

In Joyful Service

www.presentationsisters.org

