

## How to find a Spiritual Director

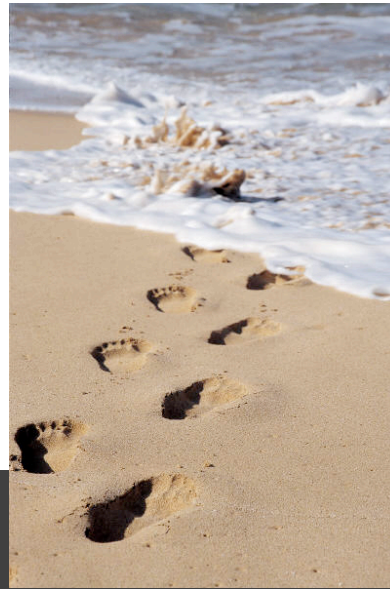
- Talk with your pastor or contact Jennifer Andersson at [jenniferSandersson@gmail.com](mailto:jenniferSandersson@gmail.com) to receive names of spiritual directors in your area.
- Spend time in prayer around the referrals you received.
- Contact the spiritual directors, remaining in a spirit of prayer and discernment.
- Meet with each director, if possible, as you continue to discern.
- Visit the GLC website at [greatlakes.cc](http://greatlakes.cc)

### Questions you can ask a prospective spiritual director:

- What type of training do you have for spiritual direction?
- What is your personal experience tending your own prayer, meditation and contemplative life?
- What is your experience as a spiritual director? In what environments? What are you most

### ECC – Great Lakes Conference

6900 N. Haggerty Rd. Suite 90  
Canton, Michigan 48187  
(734) 451-4670



For referrals for spiritual directors in other conferences, contact:

The Evangelical Covenant Church

Make and Deepen Disciples

(773) 583-0220

## Spiritual Direction

What is Spiritual Direction?

The Evangelical Covenant Church

Great Lakes Conference

(734) 451-4670



## The Third Chair

You are a spiritual director.

I sit in my chair  
you in yours.

I have come to see you  
with a longing  
that mystifies me.

You draw my attention  
to the third chair  
in the room:

You invite me to see  
with the eye of my heart  
the Source  
of my longing;  
the Eternal, invisible, loving, guiding,  
challenging, insistent  
Mystery  
In the third chair.

~ Jennifer (Jenkins) Hoffmann

"... 'God's breath' in us, ... 'the soul in paraphrase,' ... the 'heart in pilgrimage,'  
... 'a kind of tune,' ... 'heaven in the ordinary' ..."

Seventeenth-century poet George Herbert

## What is Spiritual Direction?

Spiritual direction is an ancient practice, manifested throughout history and across cultures in many ways. At its essence, 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, enabling 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.

In spiritual direction, the focus is on the inner life, the "heart". It includes the "head," but points to more than reason and knowledge. It also reminds us that another Spirit, the spirit of the Lord, is intimately involved. The spiritual direction relationship is grounded in the art of listening: the director being a careful and supportive listener to your heart and longings, as well as you both listening for the voice of God in your life.

Ultimately, your real spiritual director is the Holy One, who has walked with you from the beginning and is always quietly prompting you.

*As you go on your way,*

*Jesus goes with you;*

*Before you to show you the way,*

*Behind you to encourage you,*

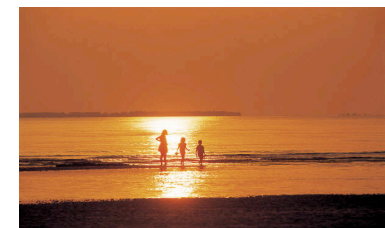
*Above you to watch over you,*

*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* by Susan S. Phillips; and *The Practice of Spiritual Direction* by Barry and Connolly.