

How to find a Spiritual Director:

- Talk with your pastor or email jennifersandersson@gmail.com to receive names of spiritual directors in your area.
- Spend time in prayer around the referrals you receive.
- Contact the spiritual directors in a spirit of prayer and discernment.
- Meet with each director if possible, as you continue to discern.

Questions you can ask a potential 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?

If you'd like referrals for other conferences please go to:
The Evangelical Covenant Church
covchurch.org/acsd/directory/



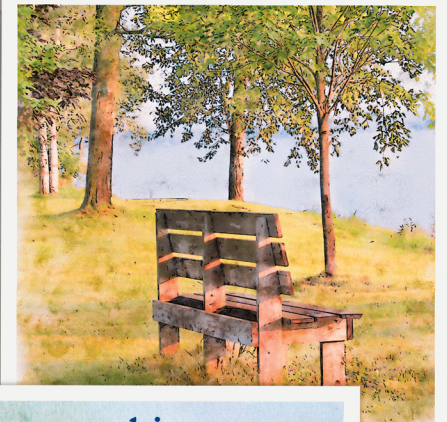
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OF THE EVANGELICAL COVENANT CHURCH

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Spiritual Direction

What is it?



Are you seeking a deeper relationship with Christ? A soul friend or spiritual companion can offer support, encouragement, and accountability on your spiritual journey.

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 (Jinks) Hoffmann

What is Spiritual Direction?

Spiritual direction is a ministry of listening, discernment, and prayer in a confidential setting of encouragement and compassion. Through this ministry, a spiritual companion listens and helps you discern the presence and work of God's Spirit in your life. The goal of spiritual direction is to grow closer to God and become the person God created you to be.

Getting the most out of Spiritual Direction.

The underlying assumption of spiritual direction is that God acts in every area of our lives—at home, work, play, and worship. God is present in our doubt as well as our certainty, in our weakness as well as our wholeness. To receive the gift of this ministry we accept God's presence and trust in the transforming power of God's love.



How goes your walk with Christ? Are you yet alive in Christ?

Routinely asked among our Covenant forebears, these two questions speak of beginning a relationship with Christ, as well as continuing, growing, and deepening that relationship.



Being formed in the likeness of Christ cannot take place in isolation. We need companions for the journey to help guide and nurture our faith and to help us discern God's movement in our lives. Spiritual companions, or "soul friends," are rooted throughout Scripture—Moses and Joshua, Ruth and Naomi, David and Jonathan, Paul and Timothy, to name a few. Soul friends provide soul care for others.