

What happens during a session?

- Gather for scripture reading or hymns and silent prayer (15 minutes)
- One person is invited to share uninterrupted (10 minutes)
- The group moves into prayerful silence, while each listens to how the spirit may be inviting them to respond to the speaker (2-3 minutes)
- The group members affirm, question, and share insights with the speaker (10 minutes)
- The group holds the speaker in silent prayerfulness (2-3 minutes)
- The process is repeated until each person has had an opportunity to share.

Spiritual Guidance comes from a wide variety of sources: the scriptures, liturgy, the fathers and mothers of the church, spiritual reading, the practice of meditation, the sacred writings of every religious tradition, the study of theology, as well as spiritual masters and guides. In the Christian tradition the Holy Spirit is the true Director of one's interior life. The goal of spiritual guidance is to put someone in touch with the Spirit and to deepen one's awareness of the Spirit. A spiritual guide does not seek to solve someone's problem or to make decisions for them, or to have ready-made answers to life's questions. The goal of spiritual guidance is to put one in direct contact with the Spirit and let the Spirit be the guide.

Taken from ***Fire of Love: Encountering the Holy Spirit*** by Donald J. Goergen, OP



**Evangelical Lutheran
Church in America**
God's work. Our hands.

North/West Lower Michigan Synod
Center for Mission & Ministry
801 S. Waverly Rd., Suite 201
Lansing MI 48917

Spiritual Direction

Deepen the Journey

*May the God of peace make you
perfect in holiness.
May God preserve you whole and
entire, spirit, mind, body,
irreproachable at the coming of our
Lord Jesus Christ.*

1 Th. 5:23

*Institute of
Spiritual
Formation*



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What is Spiritual Direction?

Spiritual Direction invites you to a closer relationship with God. Traditionally, Spiritual Direction has been described in terms of a confidential one-on-one relationship. Another approach that is relatively new is that of group Spiritual Direction. One's situation in life and on-going discernment will determine which approach best fits an individual at any given time. In the one-to-one relationship Spiritual Direction happens when one competent guide journeys with another person listening to that person's life story with an ear for the movement of the Holy Spirit within. Spiritual Direction in either the individual or small group setting enables a person:

- To pay attention to God's personal communication
- To respond to this personal communicating God within one's sacred story
- To grow in intimacy with God, self and neighbor
- To live out the consequences of the relationship in life, work and love

Contemplation and personal reflection on one's life and prayer bring this communication to awareness. Articulating and clarifying these experiences with a Spiritual Director assists the person to notice even more about his/her conscious relationship with God. Direction offers a safe, non-judgmental place of welcome for the directee where his/her experiences are taken seriously.

Why would I seek Spiritual Direction?

- To identify and trust your own experience of God
- To integrate spirituality into your daily life
- To grow as a contemplative person
- To discern God's presence
- To find encouragement and to draw closer to God.
- To develop a sensitivity for justice and concern for the poor

Should I consider Group Spiritual Direction?

Are you interested in being with others who are seeking an honest relationship with God? Would you like to participate in a group process of prayerful listening and response in a confidential setting?

In Group Spiritual Direction:

- People gather monthly in small groups of three to five with a trained facilitator.
- Each person prayerfully shares their spiritual journey with the group
- Members receive insight, affirmation and wisdom from one another. Participants grow in their ability to notice and trust God's activity in their lives.
- The experience of group silence, sharing, responding, prayerfulness and discernment begins to affect how one lives outside the group.

For information about forming or joining a group, contact Sr. Nancy Brousseau.

Email: nancybrousseau@mittensynod.org

Voice: 517-321-5066

Requirements for Group Members

- Preparation for each session: Where has God been in my life since last we met? How have I been with God? What would I like to share with the group?
- Try to stay within the time frame for sharing—the facilitator will alert participants to this (approximately 20-25 minutes per person) but each member is responsible for being prepared and attentive to the group process.
- Let the group know if you will miss a session and invite the group to pray for whatever intention or need you have.

Group Reflection Following a Session

Following a group session participants are invited into a brief time of reflection on their experience as an individual and as a discerning community. This time is meant to be descriptive of the experience without interpretation or judgment.

- How were we as a group? Was our prayerfulness honored throughout the session?
- As an individual, how am I feeling about my participation? Did I honor my time, was I open to others as they shared with me and with each other? Was my listening and responding from a place of prayer or a surface reaction to what was said? Was I gentle with what I shared or insistent that the other "get my point?"
- Am I able to let go of my agenda for myself or another and "let God...?"