

# SPIRITUAL DIRECTION

in the Catholic Diocese of Green Bay

**In the midst of a busy, hectic life, it can be difficult to find time to attend to your spiritual life.**

You want a deeper relationship with God, but you don't know how to go about it.

With spiritual direction, you'll meet regularly with someone trained to empower you to more fully recognize God's presence in your daily life.

Spiritual direction is first and foremost a way to grow closer to God.

Since God does not communicate with us the same way as other people, it often helps to have another human being explore with us how we are experiencing God interacting (or not) with us.

## WHAT IS SPIRITUAL DIRECTION?

Spiritual direction is one way to respond to God's invitation to be drawn into closer relationship.

A person becomes more aware of God's presence and action in his or her life and can make choices (big and small) based on that awareness.

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is.

**Albert Einstein**

We shall steer safely through every storm so long as our heart is right, our intention fervent, our courage steadfast and our trust fixed to God.

**St. Francis de Sales**

You never know God is all you need until God is all you have.

**Rick Warren**

I am a little pencil in the hand of a writing God who is sending a love letter to the world.

**Mother Teresa**

The future starts today, not tomorrow.

**St. Pope John Paul II**



Diocese of  
Green Bay

### FOR MORE INFORMATION, PLEASE VISIT:

[www.gbdioc.org/spiritualdirection](http://www.gbdioc.org/spiritualdirection) or contact  
Dept. of New Evangelization  
920-272-8276  
[newevangelization@gbdioc.org](mailto:newevangelization@gbdioc.org)

“Have no fear of moving into the unknown. Simply step out fearlessly knowing that I am with you therefore no harm can befall you; all is very, very well. Do this in complete faith and confidence.”

**ST. POPE JOHN PAUL II**



## WHAT HAPPENS IN THE SESSIONS?

Spiritual direction provides you with a place to notice, reflect, discern and discover God more fully. The subject matter of spiritual direction is whatever is happening in your life.

It often includes exploring one's daily life, one's work, prayer and relationships. It includes anything from sharing a dream to talking through a major life decision and from being guided in a meditation to voicing the first things that pop into your mind.

The spiritual director/companion remains present to the directee through deep listening, evocative questioning, offering support, and creating a safe environment where one can openly and prayerfully explore where God's spirit is leading.

## WHAT ARE SOME BENEFITS OF SPIRITUAL DIRECTION?

- Notice and savor your own experiences of God.
- Integrate spirituality into your daily life.
- Explore challenges, losses and disappointments.
- Celebrate joys and accomplishments.
- Grow in relationship with God, self, others and creation.
- Deepen freedom to live an authentic life.



## WHAT DOES SPIRITUAL DIRECTION COST?

The primary cost of spiritual direction is your time, energy and attentiveness to your relationship with God. To take advantage of spiritual direction, one should be willing to meet regularly with their director (probably at least on a monthly basis).

Most spiritual directors request a small monetary contribution. This helps the directee take the professional relationship seriously. It also helps the director, who generally engages in this ministry above and beyond other work duties. You and your director will talk about costs as part of your first (typically free) exploratory session.

## WHO PROVIDES SPIRITUAL DIRECTION?

Spiritual directors are men and women who are married, single, priests or members of a religious community. Spiritual directors have completed a formal training process and have a deep commitment to ongoing spiritual formation and growth, both personally and with those they companion.

## WHERE IS IT OFFERED?

Trained spiritual directors can currently be found throughout the Diocese of Green Bay. Contact us to find one near you!



## IS SPIRITUAL DIRECTION FOR ME?

There are two important criteria that will help you determine whether or not you are a good candidate for spiritual direction:

- First, at the present time, do you want to deepen your relationship with God?
- Second, at the present time, am I able to make the necessary time commitment to meet regularly with a spiritual director to continue my spiritual journey?

If you answered "yes" to both of these questions, now is a good time to consider spiritual direction.

Spiritual direction is NOT counseling. Spiritual direction can help you to share struggles, losses and disappointments as they impact your relationship with God, self and others. However, there is no substitute for counseling if you are currently struggling to function in your daily life.

## HOW DO I GET STARTED?

For more information, including contact information for specific spiritual directors in your area, please visit:

**[www.gbdioc.org/spiritualdirection](http://www.gbdioc.org/spiritualdirection)**