

Spiritual Direction

Listening for God: Hearing with the ears of the Heart...

Definitions courtesy of Fr. Tim Corbley

What is Spiritual Direction?

Spiritual Direction is the practice of reflecting on our encounter with God in our daily lives. With a skilled director, clients ponder the deeper meaning of their lives. All human experiences are acknowledged as one way that God speaks to us. Therefore, paying close attention to our experiences and sharing them with a competent director is foundational to the process. The cultivation of a contemplative attitude, spiritual reading, meditative journaling, and prayerful awareness enhances the process.

Why Spiritual Direction?

Because of an inner longing, many people from a variety of religious traditions are turning to spiritual directors for assistance to nurture their spiritual lives. Most people meet monthly or bi-monthly for spiritual direction.

Often when one goes on a retreat we want to talk with someone who can help us see our everyday life experiences through the eyes of faith, so we arrange to receive spiritual direction. The primary focus during the direction session is our relationship with God and the integration of that relationship into our lives. Spiritual Directors at Benet Hill are trained in various aspects of spiritual direction. Suggested donation is \$60 per session.