



## Spiritual Direction in the Evangelical Covenant Church

Spiritual direction is a ministry of listening, discernment, and prayer in a confidential setting of encouragement and compassion. Through this ministry one discerns the presence and work of God's Spirit with a companion who sets aside the concerns of their own life to attend to the experience of God in the life of another.

Through its seminary at North Park University, and through the Association of Covenant Spiritual Directors, the Evangelical Covenant Church endorses the ministry of spiritual direction, and equips and supports individuals called to serve the Body of Christ as spiritual directors.

### What Happens in a Spiritual Direction Session?



You will meet with a trained spiritual director in a safe, confidential environment. The session might occur in a church, a quiet corner in a public place, a home, or even by telephone or Skype. Geography is no barrier to participating in spiritual direction.

The session, which usually lasts 50-60 minutes, is yours. The director may use a prayer or simple ceremony to set apart the time and dedicate it as a time of openness and seeking, guided by the Holy Spirit. We recognize the presence of the Lord as we two are gathered in His name.

You may want to bring a specific concern for discernment, relate a story about what is occurring in your life – spiritually or otherwise – or even rest in a time of silence. The spiritual director will listen intently to you, or simply sit with you in silence as you prefer. The director may ask some clarifying questions; responding is entirely optional.

It is important to be aware that spiritual direction is not a ministry of problem-solving, but a ministry of coming alongside you to notice and discern how the Spirit is moving in your life. The director may suggest to you resources for counseling or pastoral care for issues that are beyond the scope of the spiritual direction ministry.

The director will draw the session to a close at the appointed time. How the session closes may involve prayer, thanksgiving, blessing, or silence – you may also decide to end the session earlier. The choice is always yours.