

# Spiritual Direction

## Ministry



*Setting time aside  
to explore the actions of the  
Holy Spirit,  
who invites us into communion  
with the  
Triune God*

### What is Spiritual Direction?

“Spiritual direction is help given by one Christian to another to attend to God’s voice, respond to it, grow in intimacy with God, and live out the relationship.”

*William A. Barry, SJ and William & J. Connely, SJ: The Practice of Spiritual Direction*

- Spiritual direction is time set apart with a spiritual guide to discuss God’s movements in one’s life.
- A spiritual director listens with sacred presence and attends to the entire person.
- A spiritual director offers a gentle non-judgmental and confidential place of welcome.
- Prayer, contemplation, and personal reflection are important to the process of spiritual direction.

### Why Seek Spiritual Direction?

- You are experiencing a new sense of God in your life, feeling distant from God, or wanting to deepen your relationship with God.
- You are facing an important decision, discerning a call, or a life transition.
- You are involved in a ministry with the church.
- You feel stuck or at an impasse in your life.

## **What is the Value of Spiritual Direction?**

- Listen for God's voice and be aware of God's presence in all aspects of daily life.
- Grow in knowing God and the self.
- Deepen one's prayer life and communion with God.
- Clarify one's particular vocation and discern how to live it out.

## **What to Look for in a Spiritual Director?**

Spiritual Direction has had a long and respected tradition in the history of Christianity. The desert fathers and mothers were sought out to share a word, to listen, to invite persons into deeper relationship with God. So it is today, as spiritual direction provides revitalization for God's people.

When seeking a spiritual director one may consider the following:

- Does the director receive spiritual direction on a regular basis?
- Does the director take part in an individual or peer group supervision experience on a regular basis?

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## **Certified Spiritual Directors**

Rossy De La Cerda (Spanish)	(210) 323-1595
Desma Delgado	(210) 730-4857
Elsa McDonald (Bilingual)	(210) 275-9179
Veronica Garza (Spanish)	(210) 219-5721
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