Free pdf The gift of spiritual direction on spiritual (Download Only)

spiritual direction gives us the unique and unrivaled experience of having henri nouwen as our personal spiritual director answering our questions about the spiritual life in his wise comfortable and engaging style with nouwen's guidance we can reorient our lives and open the door to true spiritual transformation henri nouwen the world renowned spiritual guide and counselor understood the spiritual life as a journey of faith and transformation that is deepened by accountability community and relationships though he counseled many people during his lifetime his principles of spiritual direction were never written down now two of his longtime students michael christensen and rebecca laird have taken his famous course in spiritual direction and supplemented it with his unpublished writings to create the definitive work on nouwen's thoughts on the christian life stories readings and thematically organized questions for reflection and guided journal writing provide an unparalleled resource for spiritual direction both for individuals and for small groups spirituality many already appreciate the importance of spiritual direction in the interior life but having a good director is not enough one must also know how to make the most of spiritual direction this book will help you to prepare well for your time in spiritual direction it describes the four keys to a successful conversation with your director and offers a list of topics that should be covered it will help you discern what is important and what is not important to talk about in spiritual direction making the most of spiritual direction is a helpful aid to beginners and to those with more experience as well as priests and those entrusted with giving direction to others we are not alone god is present with us and god gives us companions on the journey a spiritual director is one such companion offering spiritual guidance to help make sense of the faith journey interpret the significant markers on the road encourage us particularly through the more difficult transitions and valleys of our pilgrimage and most of all to notice the ministry of the spirit in our lives gordon smith writes even if we have been christians and maturing in our faith for many years we still need the encouragement and guidance that might come through spiritual direction genuine humility is evident in our realization that we need a companion a fellow pilgrim and christian who can help us discern and foster an attentiveness to god's presence in our lives this is the gift of spiritual direction whether you are a director a directee or simply someone who wants to learn more about this ancient ministry you will find this book to be a helpful guide an introduction to spiritual direction is a clear nuanced and practical handbook for spiritual directors and directees that examines what it means to be spiritually whole and the process that gets us there it is based in part on the two year training course that the author conducts at spiritual direction institute the teachings of the depth psychologist carl jung and the christian traditionalists among them st francis de sales ignatius of loyola teresa of avila and john of the cross it is further conjoined with sections on the qualities of the good director and directee with fascinating forays into the nature of temperament and psychological type the core of the book is devoted to its larger question the actual growth and acquisition of spiritual wisdom where the stages pitfalls remedies rewards as well as the importance of spiritual direction especially during times of crises are examined in numerous comprehensive sections dovetailed with chapter notes and questions index and extensive bibliography an introduction to spiritual direction deserves recognition by directors directees counselors students and practitioners of psychology and religious educators it is a great starting point for spiritual exploration the need for spiritual direction or the accompaniment of a spiritual guide is becoming more prominent in a world where so many are suffering from so many wounds with a harmonious integration of both timeless spiritual wisdom from the catholic church's tradition of prayer and direction and the insight of the psychological sciences fathers thomas acklin and boniface hicks offer a comprehensive guide for all who provide or seek spiritual direction spiritual direction a guide for sharing the father's love fortifies priests religious and lay faithful who embrace the ministry of spiritual direction and accompany the wounded assist men and women in hearing the voice of god and model the love and mercy of the father for the many who are seeking him but do not know him or have false images of him this book also shows how various aspects of the spiritual life can emerge from and be fostered by a one on one relationship with a spiritual director together with concrete guidelines and numerous examples from personal experience this book refers extensively to sacred scripture as the foundation for spiritual direction furthermore since the practice of spiritual direction goes back to the first centuries of the church the authors turn for guidance to the doctors of the church the writings of the saints and the papal magisterium in developing and supporting their insights spiritual direction will call spiritual directors to deeper holiness even as they assist others in growing closer to the father through his loving gaze of mercy in recent years many christian clergy laity and mental health professionals have rediscovered the ancient practices of spiritual direction seen as a refreshing alternative to the techniques and limitations of modern psychology such practices offer new insights for pastoral care but many remain unclear on what spiritual direction is and whether its methods are applicable to their own clients and parishioners spiritual direction is a practice of christian soul care that is found most notably in the catholic orthodox and episcopal traditions but is also present in wesleyan holiness pentecostal charismatic social justice and reformed communities predating modern counseling and psychotherapy movements but sharing key principles and insights for spiritual formation spiritual direction offers significant resources for today's pastors counselors therapists chaplains and other caregivers attuned to the work of god in people's lives in this landmark volume editors gary w moon and david g benner along

2023-10-09 1/15
with a team of expert contributors provide a comprehensive survey of spiritual direction in its myriad christian forms specific chapters offer careful historical perspective and contemporary analysis of how christians from various backgrounds have practiced spiritual direction with particular attention to each tradition's definition of spiritual direction. the process of authentic transformation the role of the spiritual director indicators of mature spirituality and other aspects of the spiritual direction process chapters also provide psychological and clinical insight into how spiritual direction is similar to different from and can be integrated with psychotherapy and pastoral counseling to help others experience spiritual transformation and union with god intended for counsellors and spiritual directors this text aims to assist gay men and lesbian women in relationships prayer liturgy and in the problems produced by their commitment to or rejection of institutional religion the modern resurgence of interest in spiritual direction comes from every occupation and lifestyle not just those in the religious life but while some books cover the basic topic almost none consider the subject of advanced direction what are the special issues of someone who s been offering spiritual direction for more than five years and of someone who s been receiving spiritual direction for more than five years written by a well known practitioner researcher and theoretician of the art this clear and insightful book fills the gap by providing concrete help for both veteran directors and veteran directees the book offers a theological basis for the process of direction then moves onto such advanced themes as resistance desire in prayer transference and counter transference love mysticism and mutuality with god it also focuses on the special concerns of women in direction each chapter includes a section on theory some illustrative case material verbatim and suggested discussion questions spiritual direction beyond the beginning includes for a wide ecumenical audience of both directors and directees it s of particular interest to women clergy retreat directors pastors and all religious and clergy who find themselves spiritual directors by default it may well become a classic in this important area of spirituality it is the reader's opinion that if you read only one book on this subject this year the way of spiritual direction should be the one john g durbin stl all need companions and guides on our spiritual journey w paul jones believes that spiritual direction is essential for every christian along each person s pilgrimage are those who can make one s journey accountable and whose hospitality makes it possible jones says in the art of spiritual direction you ll discover the answers to these questions and more what is spiritual direction what is the difference between spiritual direction and counseling how can you know if you are called to the ministry of spiritual direction what should happen in direction sessions the appendices feature helpful tools like the myers briggs type indicator a theoretical worlds inventory the enneagram and other resources whether you are a pastor church leader or a layperson you will benefit from the wealth of information contained in this book a guide for christians who are considering spiritual direction or who are already engaged in the process it explains what spiritual direction is the qualities to look for in a director and ways to develop a deeper prayer life the spirit is speaking can you hear him if you re longing to become more attentive to god to listen to him know his voice and experience his love spiritual direction can point the way in seeking god together experienced spiritual director alice fryling offers a unique introduction specifically for group spiritual direction a place where individuals can experience what it means to be listened to and loved by others so that they can learn to listen more attentively to god in their daily lives and be used by god out of her years of being both director and directee fryling offers practical step by step guidance for those who would like to start lead or participate in group spiritual direction her book will help you know what to expect and fully equip you for the different aspects of the group experience including learning to listen to god using scripture in a group navigating different personalities setting group expectations and asking life giving questions she also provides an appendix with opening exercises for use in your meetings together the intentional goal of group spiritual direction alice writes is to help each participant become more aware of god in their lives for the sake of others spiritual direction leads you to an awakening of the soul the spirit is speaking to you and to others here is a book to help you and a group of soul friends listen for and with each other as you seek god together fathers barry and connolly see the work of spiritual direction as helping people to develop their relationship with god in thinking and practice they have absorbed the insights of modern psychotherapy but have not been absorbed by them this highly practical book reflects the authors experience at the center for religious development in cambridge massachusetts where spiritual direction is available and where directors are trained the classic work on helping people become closer to god fathers barry and connolly see the work of spiritual direction as helping people to develop their relationship with god in thinking and practice they have absorbed the insights of modern psychotherapy but have not been absorbed by them this highly practical book reflects the authors experience at the center for religious development in cambridge massachusetts where spiritual direction is available and where directors are trained one of today s most eminent christian leaders describes 10 principles of spiritual direction and 10 guidelines for prayer discernment and asceticism morneau shares a rich understanding of reverence the primacy of joy and gives a series of delightful spiritual exercises for eclectic nomads a guide is a welcome addition on most any journey so it is with the greatest of all journeys the journey to god one of the church s most long standing and fruitful traditions spiritual direction is an instrument of god s glory in the world the act of clearing the way for the holy spirit is a delicate yet challenging matter and one that requires humility patience and charity among other virtues through wind and waves is a guidebook for those undertaking this important work it offers wisdom for both the supernatural and the practical elements of spiritual direction it shows that being a spiritual guide is not simply a matter of prayer and meditation but one of a firm interior life genuine friendship and the daily realities of living one s life for the lord that life will be marked by adventure since every soul is unique and
is led by the spirit to blaze new paths to holiness filled with wisdom from the saints as well as jesus words in the gospels through wind and waves is a valuable resource for those called to lead others into the safe harbor of god s love rev francis fernández carvajal holds graduate degrees in both history and canon law ordained in 1964 he is a priest of the opus dei prelature and the author of many popular spiritual works his seven volume series in conversation with god provides over 500 meditations to be used throughout the liturgical year it has sold over 2 million copies and has been translated into many languages god is mystery writes norvene vest in the introduction to tending the holy and every form of religion is an effort to respond faithfully to the mystery of god by whatever name the divine breaks through into human experience in many ways and humans respond variously to the awesome experience of god and those various responses are what the contributors to tending the holy document in this provocative and cutting edge collection readers are given the opportunity to see what spiritual direction looks like and what questions are asked through a variety of lenses from an examination of the spiritual direction relationship in the evangelical christian tradition to buddhism and hindu ones to the better known ones of the benedictines carmelites and ignatians and finally to the contemporary lenses of feminism generation x the institutional perspective and even one based on the natural world and the spirituality of st francis this collection explores unexplored territory tending the holy is an important resource for spiritual directors and pastoral counselors contributors include shaykha fariha al jerrahi al jerrahi new york ven tejadhammo bhikkhu sangha lodge buddhist monastery australia christopher key chapple loya loma marymount university rabi zari weiss seattle washington sr marian cowan csj sisters of st joseph of carondelet st louis missouri lisa myers la canada california dr michael plattig university of the capuchins germany sister katherine howard osb st benedict s convent st joseph minnesota john h mostyn cbc rome the rev dr john mabry san francisco norvene vest altadena california and the rev dr h paul santmire watertown massachusetts the spiritual directors international series this book is part of a special series produced by morehouse publishing in cooperation with spiritual directors international sdi a global network of some 6 000 spiritual directors and members examines the meaning and purpose of spiritual direction and provides insights into how to meditate much has been written about the practice of one to one spiritual directions but much less about small group communities that offer in depth mutual spiritual support and guidance to its members but small groups are most likely the more usual setting for spiritual companionship and have strong biblical theological and historical foundation in the christian tradition this book offers a detailed presentation of ten small group models plus guidance in group leadership dynamics it also presents material related to group retreat work spiritual guidance with organizations and peer supervision consultation model for supporting leaders of spiritual companionship groups and retreats church leaders spiritual directors and educators are looking for the kinds of resources this book provides to assist them in understanding and leading groups and retreats in group spiritual direction is increasingly popular among christians of all mainstream traditions with demand for directors outstripping supply in many places and although the bible is central to the practice of spiritual direction very little has been published on how best to use it in this form of ministry experienced spiritual director liz hoare explores the central role the bible has played in christians in order to discourage poor shallow or rigid use of the bible which can lead to damage and inhibit spiritual growth according to hoare the goal of spiritual direction is not a personal improvement plan but a people who are being shaped into the likeness of christ for the flourishing of the church as a whole using different methods of praying with the bible and drawing on historical traditions of christian spirituality as well as current literature and practice this book offers a rich stimulating and thoroughly biblical resource for all those who give and receive spiritual direction describes the role and practice of a spiritual director as distinct from pastoral care and from psychotherapy compares the spiritual director to a midwife for the soul describing actions of teaching and offering exercise suggestions this book represents a significant departure from most contemporary writing about spiritual direction while most writers focus on long term relationships of guidance specifically envisioning long listening sessions bidwell changes focus spiritual direction he insists typically requires intervention in a specific crisis or situation or question is not formal lasts fewer than five sessions and must be actively and intentionally focused on the person s growth bidwell s work shows what spiritual directors can learn from the short term therapy model especially about enabling people briefly but effectively to learn to listen on their own and with others for god s presence focusing on how god is already active in the directee s life allows the participants to identify god s action and respond in ways that collaborate with that identified movement of the spirit written from an ecumenical standpoint as a practical aid for moving those experienced in individual spiritual direction toward group practices this book responds to the movement to expand spiritual direction beyond the classic on with one model group spiritual direction has the potential to offer the rich experience of individual spiritual direction to a much wider audience yet very little has been written to provide guidance for starting such groups this book responds to that challenge it outlines ways that a diverse and ecumenical group of spiritual directors worked to initiate groups in multiple contexts it examines the many variables among directors directees even meeting spaces that affect and enliven this ministry and it summarizes pitfalls success and discoveries it is a truism that we live in a time of renewed spiritual self search and reflection the response some suggest to a feeling of meaninglessness or superficiality in one s spiritual life many people search for someone who will listen guide and encourage them but entrusting one s very soulcare to another calls for a gifted guide written for all those who in any way are involved in spiritual direction and pastoral care or wish to prepare for the same stinissen s book discusses the qualities essential for such counselors advisers and is meant to renew and strengthen the church s role as a primary source for meaningful spiritual therapy among the themes
explored are listening dialogue false and real feelings of guilt difficulties in prayer discerning god s will every person longs to be able to expose himself to another human being in his full reality writes stinissen with his light and his darkness and to be accepted and loved just as he is to that end he emphasizes the important role and responsibility of a spiritual director or soul friend in addition to reflecting on specific qualities or qualifications of the director stinissen discusses some of the specific questions a director is likely to be asked by the directee and helpful ways of responding in various situations this book is born out of a wide range of practical experience of more than 20 years in working with people training for the ministry of spiritual direction spiritual direction recognizes that there is an energy in life that moves a person outwards and influences the direction taken the focus of the ministry is to help the person notice those movements and make good choices that enhance the christ like quality of life it acknowledges that the holy spirit is the primary director see god act the book seeks to provide a broader vision of the ministry drawing on insights from spirituality scripture and psychology these bring a fuller understanding of the person created by god capable of knowing and responding to god it acknowledges that many of the difficulties that arise in the direction of life are at the human not the faith level patterns are laid down in early life and can continue into adulthood this can so without much awareness of their source though their influence may be evident even in a prayerful reflective life further help may be needed to bring greater freedom from unconscious influences moreover freedom is a key mediator to facilitate moving on to accept the gifts god offers life is dynamic not static involving an inner and an outer journey we live in relationships with god self others and all creation jesus is active in life and meets people where they are but does not leave them there the invitation is onwards attention is drawn to and there is an exploration of the dynamics involved in the different relationships to bring greater clarity to them the experience of working with people has helped the need of this development prayer that comes out of life and flows back into life is key to this may the book inspire you to navigate your ongoing journey in the lord in an integrated way spiritual direction 101 brings spiritual guidance down to earth making it accessible to people from a variety of spiritual and religious traditions this book gives you the here s how it s done information such as tips tools stories and descriptions to assist spiritual directors and build awareness in those seeking spiritual help the resource is designed to help spiritual directors and others use expressive arts in the context of spiritual direction it is the latest book in the unique sdi series designed for professional spiritual directors but also useful for clergy therapists and christian formation specialists the spiritual directors international series this book is part of a special series produced by morehouse publishing in cooperation with spiritual directors international a global network of some 6 000 spiritual directors and members these moving positive essays witness the experiences of participants in shalem institute s group spiritual direction workshops each author relates what he or she learned as a member mentor or facilitator of a spiritual direction group a community gathered together to seek and share a desire for god in communal silence dialogue intercessory prayer and discernment and adapts it to a specific setting the family workplace congregation seminary the homeless the result is this collection a loving gentle testament to the power of spiritual direction groups that enables young and old clergy and laity of all faiths to realize celebrate and proclaim a commonality of greater spiritual purpose fluid and well honed the lived experience of group spiritual direction is of great value to seminarians graduate students church organizations clergy and laity of all faiths as well as to anyone seeking guidance on the value of group spiritual direction it features biographies of its numerous contributors the revitalized ministry of spiritual direction is one of the surest signs of renewal in today s church in spiritual direction contemporary readings seventeen leading writers and spiritual directors discuss the history meaning demands and practice of this ministry through timely articles by such recognized authors as william barry sandra schnieders louis cameli kallistos ware and john wright one comes to see that spiritual direction belongs not to a spiritual elite but to the entire church men and women clergy and laity members of religious communities especially for those entering spiritual direction either as directors or directees this book is an excellent introduction to an exciting ministry in today s church a valuable feature of this book is a concluding section with recommendations for further readings listing important articles and books on spiritual direction published in recent years this section helps readers to continue exploring this vital area of contemporary spirituality in late antiquity the rising number of ascetics who joined the priesthood faced a pastoral dilemma should they follow a traditional demonstrably administratively approach to pastoral care emphasizing doctrinal instruction the care of the poor and the celebration of the sacraments or should they bring to the parish the ascetic models of spiritual direction characterized by a more personal spiritual father spiritual disciple relationship five models of spiritual direction in the early church explores the struggles of five clerics athanasius gregory nazianzen augustine of hippo john cassian and pope gregory i to reconcile their ascetic idealism with the reality of pastoral responsibility through a close reading of greek and latin texts george e demacopoulos explores each pastor s criteria for ordination his supervision of subordinate clergy and his methods of spiritual direction he argues that the evolution in spiritual direction that occurred during this period reflected and informed broader developments in religious practices demacopoulos describes the way in which these authors shaped the medieval pastoral traditions of the east and the west each of the five struggled to balance the tension between his ascetic idealism and the realities of the lay church each offered distinct and at times very different solutions to that tension the diversity among their models of spiritual direction demonstrates both the complexity of the problem and the variable nature of early christianity scholars and students of late antiquity the history of christianity and historical theology will find a great deal of interest in five models of spiritual direction in the early church the book will also appeal to those who are actively engaged in christian
ministry take concern to have your heart be more pleasing to our master day by day padre pio in a letter to antonietta vona january 2 1918 padre pio was celebrated for his understanding of the spiritual life and the struggles we all face the letters he wrote to his spiritual directors and to the many people who sought his advice are a profound source of direction and encouragement this collection of 365 reflections drawn from those letters offers inspiration for every day of the year let padre pio share his wisdom with you and become your guide to holiness offers an intimate view of spiritual direction through written re enactments of actual spiritual direction sessions the experiential practice is accompanied by theoretical and theological foundations guiding it the book includes the stories of nine men and women whose stories illustrate how the journey of christian discipleship is helped by spiritual direction the spiritual directors international series this book is part of a special series produced by morehouse publishing in cooperation with spiritual directors international sdi a global network of some 6 000 spiritual directors and members 2013 reprint of 1960 edition full facsimile of the original edition not reproduced with optical recognition software this book contains a revised and considerably expanded version of material on spiritual direction and meditation which appeared in the magazine sponsa regis the first part is addressed to the christian who seeks a director or who has one and who desires to take full advantage of his opportunities the second part is made up of notes on mediation which were written as a kind of companion to what is contemplation a concise and informative presentation of the development of the dominican tradition as well as the central elements that form and guide a dominican spiritual director for many years spiritual direction was regarded as an elitist activity designed for the benefit of the clergy and a few specially devout laity this book presents an alternative to that view arguing that spiritual direction is a benefit which every christian can enjoy but if that is so where will we find all the competent spiritual guides to meet this need gordon jeff s answer is that in every congregation there are people women and men lay and ordained who possess a latent gift for spiritual direction to develop that gift courses are now available in many parts of the country but the anglican diocese of southwark was the first in the field and this book outlines methods which have proved their worth over nearly 25 years and which have been widely adopted across the uk and beyond this wise practical handbook will be appreciated by all who would like to know how the skills of spiritual direction may be applied in their own congregation it will also prove helpful as a concise introduction to the nature and purpose of direction and how it relates to other forms of pastoral care and counselling gordon jeff is a much needed introduction to the sometimes too offputting adventure of spiritual nourishment this is a concrete practical book about spiritual accompaniment while there may be no shortage of books on this matter most of these books remain somewhat abstract in the way they highlight the beauty of this ministry and point out its pitfalls this book instead resembles a toolbox with a user s manual in six chapters the author presents the following tools there is no rush listening by following searching for the soul going deeper evaluating and accompanying towards spiritual maturity by means of examples and case studies he demonstrates how these tools may be used to good effect two introductory chapters discuss the choice for a practice oriented book and the core values of an ignatian approach to spiritual accompaniment a final chapter specifically focuses on vocational discernment new spiritual directors can learn from this book the tricks of the trade and experienced directors can be encouraged to reflect upon their own practice although it is written from a roman catholic jesuit background this book may be used in a wider variety of christian contexts
Spiritual Direction 2006-05-23

Spiritual Direction gives us the unique and unrivaled experience of having Henri Nouwen as our personal spiritual director answering our questions about the spiritual life in his wise comfortable and engaging style. With Nouwen’s guidance, we can reorient our lives and open the door to true spiritual transformation. Henri Nouwen, the world-renowned spiritual guide and counselor, understood the spiritual life as a journey of faith and transformation that is deepened by accountability, community, and relationships. Though he counseled many people during his lifetime, his principles of spiritual direction were never written down. Now, two of his longtime students, Michael Christensen and Rebecca Laird, have taken his famous course in spiritual direction and supplemented it with his unpublished writings to create the definitive work on Nouwen’s thoughts on the Christian life. Stories, readings, and thematically organized questions for reflection and guided journal writing provide an unparalleled resource for spiritual direction both for individuals and for small groups.

Spiritual Direction 2008

Making the Most of Spiritual Direction 2017-03-31

Many already appreciate the importance of spiritual direction in the interior life, but having a good director is not enough. One must also know how to make the most of spiritual direction. This book will help you to prepare well for your time in spiritual direction. It describes the four keys to a successful conversation with your director and offers a list of topics that should be covered to help you discern what is important and what is not important to talk about in spiritual direction. Making the Most of Spiritual Direction is a helpful aid to beginners and to those with more experience as well as priests and those entrusted with giving direction to others.

Spiritual Direction 2014-03-07

We are not alone; God is present with us and God gives us companions on the journey. A spiritual director is one such companion offering spiritual guidance to help make sense of the faith journey, interpret the significant markers on the road, encourage us particularly through the more difficult transitions and valleys of our pilgrimage, and most of all to notice the ministry of the Spirit in our lives. Gordon Smith writes, even if we have been Christians and maturing in our faith for many years, we still need the encouragement and guidance that might come through spiritual direction. Genuine humility is evident in our realization that we need a companion—a fellow pilgrim and Christian who can help us discern and foster an attentiveness to God’s presence in our lives. This is the gift of spiritual direction. Whether you are a director, a directee, or simply someone who wants to learn more about this ancient ministry, you will find this book to be a helpful guide.

An Introduction to Spiritual Direction 2004

An introduction to spiritual direction is a clear, nuanced, and practical handbook for spiritual directors and directees that examines what it means to be spiritually whole and the process that gets us there. It is based in part on the two-year training course that the author conducts at Spiritual Direction Institute. The teachings of the depth psychologist Carl Jung and the Christian traditionalists among them—Saint Francis of Sales, Ignatius of Loyola, Teresa of Avila, and John of the Cross—are further conjoined with sections on the qualities of the good director and directee with fascinating forays into the nature of temperament and psychological type. The core of the book is devoted to its larger question—the actual growth and acquisition of spiritual wisdom. Where the stages, pitfalls, remedies, rewards, as well as the importance of spiritual direction especially during times of crises, are examined in numerous comprehensive sections, dovetailed with chapter notes and questions index and extensive bibliography. An introduction to spiritual direction deserves recognition by directors, directees, counselors, students, and practitioners of psychology and religious educators; it is a great starting point for spiritual exploration.
Spiritual Direction: A Guide for Sharing the Father’s Love 2017

the need for spiritual direction or the accompaniment of a spiritual guide is becoming more prominent in a world where so many are suffering from so many wounds with a harmonious integration of both timeless spiritual wisdom from the catholic church’s tradition of prayer and direction and the insight of the psychological sciences fathers thomas acklin and boniface hicks offer a comprehensive guide for all who provide or seek spiritual direction spiritual direction a guide for sharing the father’s love fortifies priests religious and lay faithful who embrace the ministry of spiritual direction and accompany the wounded assist men and women in hearing the voice of god and model the love and mercy of the father for the many who are seeking him but do not know him or have false images of him this book also shows how various aspects of the spiritual life can emerge from and be fostered by a one on one relationship with a spiritual director together with concrete guidelines and numerous examples from personal experience this book refers extensively to sacred scripture as the foundation for spiritual direction furthermore since the practice of spiritual direction goes back to the first centuries of the church the authors turn for guidance to the doctors of the church the writings of the saints and the papal magisterium in developing and supporting their insights spiritual direction will call spiritual directors to deeper holiness even as they assist others in growing closer to the father through his loving gaze of mercy

Spiritual Direction and the Care of Souls 2009-09-20

in recent years many christian clergy laity and mental health professionals have rediscovered the ancient practices of spiritual direction seen as a refreshing alternative to the techniques and limitations of modern psychology such practices offer new insights for pastoral care but many remain unclear on what spiritual direction is and whether its methods are applicable to their own clients and parishioners spiritual direction is a practice of christian soul care that is found most notably in the catholic orthodox and episcopal traditions but is also present in wesleyan holiness pentecostal charismatic social justice and reformed communities predating modern counseling and psychotherapy movements but sharing key principles and insights for spiritual formation spiritual direction offers significant resources for today’s pastors counselors therapists chaplains and other caregivers attuned to the work of god in people’s lives in this landmark volume editors gary w moon and david g benner along with a team of expert contributors provide a comprehensive survey of spiritual direction in its myriad christian forms specific chapters offer careful historical perspective and contemporary analysis of how christians from various backgrounds have practiced spiritual direction with particular attention to each tradition’s definition of spiritual direction the process of authentic transformation the role of the spiritual director indicators of mature spirituality and other aspects of the spiritual direction process chapters also provide psychological and clinical insight into how spiritual direction is similar to different from and can be integrated with psychotherapy and pastoral counseling to help others experience spiritual transformation and union with god

Spiritual Direction & The Gay Person 1998-01-01

intended for counsellors and spiritual directors this text aims to assist gay men and lesbian women in relationships prayer liturgy and in the problems produced by their commitment to or rejection of institutional religion

Spiritual Direction 2000

the modern resurgence of interest in spiritual direction comes from every occupation and lifestyle not just those in the religious life but while some books cover the basic topic almost none consider the subject of advanced direction what are the special issues of someone who’s been offering spiritual direction for more than five years and of someone who’s been receiving spiritual direction for more than five years written by a well known practitioner researcher and theoretician of the art this clear and insightful book fills the gap by providing concrete help for both veteran directors and veteran directees the book offers a theological basis for the process of direction then moves onto such advanced themes as resistance desire in prayer transference and counter transference love mysticism and mutuality with god it also focuses on the special concerns of women in direction each chapter includes a section on theory some illustrative case material verbatims and suggested discussion questions spiritual direction beyond the beginnings is for a wide ecumenical
audience of both directors and directees it's of particular interest to women clergy retreat directors pastors and all religious and clergy who find themselves spiritual directors by default

**The Way of Spiritual Direction 1993**

it may well become a classic in this important area of spirituality it is the reader's opinion that if you read only one book on this subject this year the way of spiritual direction should be the one john g durbin stl

**The Art of Spiritual Direction 2016-06-01**

we all need companions and guides on our spiritual journey w paul jones believes that spiritual direction is essential for every christian along each person's pilgrimage are those who can make one's journey accountable and whose hospitality makes it possible jones says in the art of spiritual direction you'll discover the answers to these questions and more what is spiritual direction what is the difference between spiritual direction and counseling how can you know if you are called to the ministry of spiritual direction what should happen in direction sessions the appendixes feature helpful tools like the myers briggs type indicator a theological worlds inventory the enneagram and other resources whether you are a pastor church leader or a layperson you will benefit from the wealth of information contained in this book

**Seeking Spiritual Direction 1993**

a guide for christians who are considering spiritual direction or who are already engaged in the process it explains what spiritual direction is the qualities to look for in a director the process of finding a director and ways to develop a deeper prayer life

**Seeking God Together 2009-10-20**

the spirit is speaking can you hear him if you're longing to become more attentive to god to listen to him know his voice and experience his love spiritual direction can point the way in seeking god together experienced spiritual director alice fryling offers a unique introduction specifically for group spiritual direction a place where individuals can experience what it means to be listened to and loved by others that they can learn to listen more attentively to god in their daily lives and be used by god out of her years of being both director and directee fryling offers practical step by step guidance for those who would like to start lead or participate in group spiritual direction her book will help you know what to expect and fully equip you for the different aspects of the group experience including learning to listen to god using scripture in a group navigating different personalities setting group expectations and asking life giving questions she also provides an appendix with opening exercises for use in your meetings together the intentional goal of group spiritual direction alice writes is to help each participant become more aware of god in their lives for the sake of others spiritual direction leads you to an awakening of the soul the spirit is speaking to you and to others here is a book to help you and a group of soul friends listen for and with each other as you seek god together

**Practice of Spiritual Direction 2003-04-01**

fathers barry and connolly see the work of spiritual direction as helping people to develop their relationship with god in thinking and practice they have absorbed the insights of modern psychotherapy but have not been absorbed by them this highly practical book reflects the authors experience at the center for religious development in cambridge massachusetts where spiritual direction is available and where directors are trained
The Practice of Spiritual Direction 2012-09-11

the classic work on helping people become closer to god fathers barry and connolly see the work of spiritual direction as helping people to develop their relationship with god in thinking and practice they have absorbed the insights of modern psychotherapy but have not been absorbed by them this highly practical book reflects the authors experience at the center for religious development in cambridge massachusetts where spiritual direction is available and where directors are trained

Spiritual Direction 1992

one of today s most eminent christian leaders describes 10 principles of spiritual direction and 10 guidelines for prayer discernment and asceticism morneau shares a rich understanding of reverence the primacy of joy and gives a series of delightful spiritual exercises for eclectic nomads

Through Wind and Waves 2017-03-31

a guide is a welcome addition on most any journey so it is with the greatest of all journeys the journey to god one of the church s most long standing and fruitful traditions spiritual direction is an instrument of god s glory in the world the act of clearing the way for the holy spirit is a delicate yet challenging matter and one that requires humility patience and charity among other virtues through wind and waves is a guidebook for those undertaking this important work it offers wisdom for both the supernatural and the practical elements of spiritual direction it shows that being a spiritual guide is not simply a matter of prayer and meditation but one of a firm interior life genuine friendship and the daily realities of living one s life for the lord that life will be marked by adventure since every soul is unique and is led by the spirit to blaze new paths to holiness filled with wisdom from the saints as well as jesus words in the gospels through wind and waves is a valuable resource for those called to lead others into the safe harbor of god s love rev francis fernández carvajal holds graduate degrees in both history and canon law ordained in 1964 he is a priest of the opus dei prelature and the author of many popular spiritual works his seven volume series in conversation with god provides over 500 meditations to be used throughout the liturgical year it has sold over 2 million copies and has been translated into many languages

Tending the Holy 2003-11-01

god is mystery writes norvene vest in the introduction to tending the holy and every form of religion is an effort to respond faithfully to the mystery of god by whatever name the divine breaks through into human experience in many ways and humans respond variously to the awesome experience of god and those various responses are what the contributors to tending the holy document in this provocative and cutting edge collection readers are given the opportunity to see what spiritual direction looks like and what questions are asked through a variety of lenses from an examination of the spiritual direction relationship in the evangelical christian tradition to buddhism and hindu ones to the better known ones of the benedictines carmelites and ignatians and finally to the contemporary lenses of feminism generation x the institutional perspective and even one based on the natural world and the spirituality of st francis this collection explores unexplored territory tending the holy is an important resource for spiritual directors and pastoral counselors contributors include shaykha fariha al jerrahi new york ven tejadhammo bhikku sangha lodge buddhist monastery australia christopher key chapple loyola marymount university rabbi zari weiss seattle washington sr marian cowan csj sisters of st joseph of carondelet st louis missouri lisa myers la canada california dr michael plattig university of the capuchins germany sister katherine howard osb st benedict s convent st joseph minnesota john h mostyn bbc rome the rev dr john mabry san francisco norvene vest altadena california and the rev dr h paul santmire watertown massachusetts the spiritual directors international series this book is part of a special series produced by morehouse publishing in cooperation with spiritual directors international sdi a global network of some 6 000 spiritual directors and members

www.1docway.com
Spiritual Direction and Meditation 1960

examines the meaning and purpose of spiritual direction also provides insights into how to meditate

Where Two or Three Are Gathered 2012-02-01

much has been written about the practice of one to one spiritual directions but much less about small group communities that offer in depth mutual spiritual support and guidance to its members but small groups are most likely the more usual setting for spiritual companionship and have strong biblical theological and historical foundation in the christian tradition this book offers a detailed presentation of ten small group models plus guidance in group leadership dynamics it also presents material related to group retreat work spiritual guidance with organizations and peer supervision consultation model for supporting leaders of spiritual companionship groups and retreats church leaders spiritual directors and educators are looking for the kinds of resources this book provides to assist them in understanding and leading groups and retreats

Using the Bible in Spiritual Direction 2016-01-10

spiritual direction is increasingly popular among christians of all mainstream traditions with demand for directors outstripping supply in many places and although the bible is central to the practice of spiritual direction very little has been published on how best to use it in this form of ministry experienced spiritual director liz hoare explores the central role the bible has played in christian experience in order to discourage poor shallow or rigid use of the bible which can lead to damage and inhibit spiritual growth according to hoare the goal of spiritual direction is not a personal improvement plan but a people who are being shaped into the likeness of christ for the flourishing of the church as a whole using different methods of praying with the bible and drawing on historical traditions of christian spirituality as well as current literature and practice this book offers a rich stimulating and thoroughly biblical resource for all those who give and receive spiritual direction

Holy Listening 1992

describes the role and practice of a spiritual director as distinct from pastoral care and from psychotherapy compares the spiritual director to a midwife for the soul describing actions of teaching prayer and offering exercise suggestions

Approaches to Spiritual Direction 1988

this book represents a significant departure from most contemporary writing about spiritual direction while most writers focus on long term relationships of guidance specifically envisioning long listening sessions bidwell changes focus spiritual direction he insists typically requires intervention in a specific crisis or situation or question is not formal lasts fewer than five sessions and must be actively and intentionally focused on the person s growth bidwell s work shows what spiritual directors can learn from the short term therapy model especially about enabling people briefly but effectively to learn to listen on their own and with others for god s presence focusing on how god is already active in the directee s life allows the participants to identify god s action and respond in ways that collaborate with that identified movement of the spirit

Short Term Spiritual Guidance 2012-11-01

written from an ecumenical standpoint as a practical aid for moving those experienced in individual spiritual direction toward group practices this book responds to the movement
to expand spiritual direction beyond the classic on with one model group spiritual direction has the potential to offer the rich experience of individual spiritual direction to a much wider audience yet very little has been written to provide guidance for starting such groups this book responds to that challenge it outlines ways that a diverse and ecumenical group of spiritual directors worked to initiate groups in multiple contexts it examines the many variables among directors directees even meeting spaces that affect and enliven this ministry and it summarizes pitfalls success and discoveries

An Open Place 1999

it is a truism that we live in a time of renewed spiritual self search and reflection the response some suggest to a feeling of meaninglessness or superficiality in one s spiritual life many people search for someone who will listen guide and encourage them but entrusting one s very soulcare to another calls for a gifted guide written for all those who in any way are involved in spiritual direction and pastoral care or wish to prepare for the same stinissen s book discusses the qualities essential for such counselors advisers and is meant to renew and strengthen the church s role as a primary source for meaningful spiritual therapy among the themes explored are listening dialogue false and real feelings of guilt difficulties in prayer discerning god s will every person longs to be able to expose himself to another human being in his full reality writes stinissen with his light and his darkness and to be accepted and loved just as he is to that end he emphasizes the important role and responsibility of a spiritual director or soul friend in addition to reflecting on specific qualities or qualifications of the director stinissen discusses some of the specific questions a director is likely to be asked by the directees and helpful ways of responding in various situations

The Gift of Spiritual Direction 2021-09-27

this book is born out of a wide range of practical experience of more than 20 years in working with people training for the ministry of spiritual direction spiritual direction recognizes that there is an energy in life that moves a person outwards and influences the direction taken the focus of the ministry is to help the person notice those movements and make good choices that enhance the stand like quality of life it acknowledges that the holy spirit is the primary director see god act the book seeks to provide a broader vision of the ministry drawing on insights from spirituality scripture and psychology these bring a fuller understanding of the person created by god capable of knowing and responding to god it acknowledges that many of the difficulties that arise in the direction of life are at the human not the faith level patterns are laid down in early life and can continue into adulthood this can be so without much awareness of their source though their influence may be evident even in a prayerful reflective life further help may be needed to bring greater freedom from unconscious influences moreover freedom is a key mediator to facilitate moving on to accept the gifts god offers life is dynamic not static involving an inner and an outer journey we live in relationships with god self others and all creation jesus is active in life and meets people where they are but does not leave them there the invitation is onwards attention is drawn to and there is an exploration of the dynamics involved in the different relationships to bring greater clarity to them the experience of working with people has highlighted the need of this development prayer that comes out of life and flows back into life is key to this may the book inspire you to navigate your ongoing journey in the lord in an integrated way

See God Act 2018-03-07

spiritual direction 101 brings spiritual guidance down to earth making it accessible to people from a variety of spiritual and religious traditions this book gives you the here s how it s done information such as tips tools stories and descriptions to assist spiritual directors and build awareness in those seeking spiritual help
Spiritual Direction 101 2010-02

the resource is designed to help spiritual directors and others use expressive arts in the context of spiritual direction it is the latest book in the unique sdi series designed for professional spiritual directors but also useful for clergy therapists and christian formation specialists the spiritual directors international series this book is part of a special series produced by morehouse publishing in cooperation with spiritual directors international sdi a global network of some 6 000 spiritual directors and members

Awakening the Creative Spirit 2003

these moving positive essays witness the experiences of participants in shalem institute's group spiritual direction workshops each author relates what he or she learned as a member mentor or facilitator of a spiritual direction group a community gathered together to seek and share a desire for god in communal silence dialogue intercessory prayer and discernment and adapts it to a specific setting the family workplace congregation seminary the homeless the result is this collection a loving gentle testament to the power of spiritual direction groups that enables young and old clergy and laity of all faiths to realize celebrate and proclaim a commonality of greater spiritual purpose fluid and well honed the lived experience of group spiritual direction is of great value to seminarians graduate students church organizations clergy and laity of all faiths as well as to anyone seeking guidance on the value of group spiritual direction it features biographies of its numerous contributors

The Lived Experience of Group Spiritual Direction 2017-10-12

the revitalized ministry of spiritual direction is one of the surest signs of renewal in today's church in spiritual direction contemporary readings seventeen leading writers and spiritual directors discuss the history meaning demands and practice of this ministry through timely articles by such recognized authors as william barry sandra schneiders louis camelli kallistos ware and john wright one comes to see that spiritual direction belongs not to a spiritual elite but to the entire church men and women clergy and laity members of religious communities compiled especially for those entering spiritual direction either as directors or directees this book is an excellent introduction to an exciting ministry in today's church a valuable feature of this book is a concluding section with recommendations for further readings listing important articles and books on spiritual direction published in recent years this section helps readers to continue exploring this vital area of contemporary spirituality

Spiritual Direction 2010-06-01

in late antiquity the rising number of ascetics who joined the priesthood faced a pastoral dilemma should they follow a traditional demonstrably administrative approach to pastoral care emphasizing doctrinal instruction the care of the poor and the celebration of the sacraments or should they bring to the parish the ascetic models of spiritual direction characterized by a more personal spiritual father spiritual disciple relationship five models of spiritual direction in the early church explores the struggles of five clerics athanasius gregory nazianzen augustine of hippo john cassian and pope gregory i to reconcile their ascetic idealism with the reality of pastoral responsibility through a close reading of greek and latin texts george e demacopoulos explores each pastor's criteria for ordination his supervision of subordinate clergy and his methods of spiritual direction he argues that the evolution in spiritual direction that occurred during this period reflected and informed broader developments in religious practices demacopoulos describes the way in which these authors shaped the medieval pastoral traditions of the east and the west each of the five struggled to balance the tension between his ascetic idealism and the realities of the lay church each offered distinct and at times very different solutions to that tension the diversity among their models of spiritual direction demonstrates both the complexity of the problem and the variable nature of early christianity scholars and students of late antiquity the history of christianity and historical theology will find a great deal of interest in five models of spiritual direction in the early church the book will also appeal to those who are actively engaged in christian ministry
Spiritual Direction 2007-11-15

take concern to have your heart be more pleasing to our master day by day padre pio in a letter to antonietta vona january 2 1918 padre pio was celebrated for his understanding of the spiritual life and the struggles we all face the letters he wrote to his spiritual directors and to the many people who sought his advice are a profound source of direction and encouragement this collection of 365 reflections drawn from those letters offers inspiration for every day of the year let padre pio share his wisdom with you and become your guide to holiness

Five Models of Spiritual Direction in the Early Church 2011

offers an intimate view of spiritual direction through written re enactments of actual spiritual direction sessions the experiential practice is accompanied by theoretical and theological foundations guiding it the book includes the stories of nine men and women whose stories illustrate how the journey of christian discipleship is helped by spiritual direction the spiritual directors international series this book is part of a special series produced by morehouse publishing in cooperation with spiritual directors international sdi a global network of some 6 000 spiritual directors and members

Padre Pio's Spiritual Direction for Every Day 2008-03-01

2013 reprint of 1960 edition full facsimile of the original edition not reproduced with optical recognition software this book contains a revised and considerably expanded version of material on spiritual direction and meditation which appeared in the magazine sponsa regis the first part is addressed to the christian who seeks a director or who has one and who desires to take full advantage of his opportunities the second part is made up of notes on mediation which were written as a kind of companion to what is contemplation

Candlelight 2013-08

a concise and informative presentation of the development of the dominican tradition as well as the central elements that form and guide a dominican spiritual director

Spiritual Direction and Meditation 1995

for many years spiritual direction was regarded as an elitist activity designed for the benefit of the clergy and a few specially devout laity this book presents an alternative to that view arguing that spiritual direction is a benefit which every christian can enjoy but if that is so where will we find all the competent spiritual guides to meet this need gordon jeff s answer is that in every congregation there are people women and men lay and ordained who possess a latent gift for spiritual direction to develop that gift courses are now available in many parts of the country but the anglican diocese of southwark was the first in the field and this book outlines methods which have proved their worth over nearly 25 years and which have been widely adopted across the uk and beyond this wise practical handbook will be appreciated by all who would like to know how the skills of spiritual direction may be applied in their own congregation it will also prove helpful as a concise introduction to the nature and purpose of direction and how it relates to other forms of pastoral care and counselling gordon jeff is a much needed introduction to the sometimes too offputing adventure of spiritual nourishmen gordon graham church of ireland gazette

Spiritual Direction in the Dominican Tradition 2007

this is a concrete practical book about spiritual accompaniment while there may be no shortage of books on this matter most of these books remain somewhat abstract in the way
they highlight the beauty of this ministry and point out its pitfalls this book instead resembles a toolbox with a user s manual in six chapters the author presents the following tools there is no rush listening by following searching for the soul going deeper evaluating and accompanying towards spiritual maturity by means of examples and case studies he demonstrates how these tools may be used to good effect two introductory chapters discuss the choice for a practice oriented book and the core values of an ignatian approach to spiritual accompaniment a final chapter specifically focuses on vocational discernment new spiritual directors can learn from this book the tricks of the trade and experienced directors can be encouraged to reflect upon their own practice although it is written from a roman catholic jesuit background this book may be used in a wider variety of christian contexts

Spiritual Direction for Every Christian 2018

Spiritual Direction 101 2020-11-14

The Art of Spiritual Direction