



WellSpring
CENTRE

PERSONAL spiritual direction

www.wellspringcentre.org.au/spiritual-direction



PERSONAL spiritual direction

Spiritual Direction is one person inviting another person to accompany them on their faith journey.

This involves a conversation where:

- the 'guide' listens carefully to the 'pilgrim' reflecting on his/her daily life experiences
- both pilgrim and guide seek to pay attention to the presence of God in the pilgrim's life
- both are seeking to nurture the life of God in the pilgrim and to encourage the expression of this in ordinary and practical living

Spiritual direction is really not about being 'directed', rather it is about being encouraged to draw closer to God. It is not therapy, counselling, teaching, mentoring or coaching, though there may at times be elements of these.

Spiritual Direction provides a safe and welcoming place to take seriously our growing relationship with God – to be encouraged in this and to become more intentional in it.

Spiritual Direction may help you:

- identify and trust your own experiences of God
- integrate spirituality into your daily life
- discern and make difficult choices
- slow down and 'smell the roses'
- share your hopes, struggles, and losses
- live the essence of your faith with integrity

The suggested maximum cost of spiritual direction sessions is \$55 (members/concession) or \$60 (non-members), as at 1 January 2017.

Other information:

- See www.wellspringcentre.org.au/policy-documents for WellSpring's policies regarding Privacy, Grievance and Risk Management or contact Ann Lock, Director, on (03) 9885 0277.
- Visit www.wellspringcentre.org.au/spiritual-direction for more details about spiritual direction at WellSpring.