

HOW DO I FIND A SPIRITUAL DIRECTOR?

Help for the long walk of faith.

BY ALISON MOORE

WHAT IS SPIRITUAL DIRECTION?

It's important to distinguish between types of companionship relationships. Here's a brief overview.

CAREGIVER

ATTRIBUTE



PASTORAL CARE



COUNSELLING



MENTORING



SPIRITUAL DIRECTION

	PASTORAL CARE	COUNSELLING	MENTORING	SPIRITUAL DIRECTION
TYPE OF RELATIONSHIP	Pastor and parishioner. Someone you could go out for coffee with to chat	Professional counsellor and patient. Someone you meet at their place of work or online	Older friend and mentee. Someone you'd have coffee with, or who you'd connect with while engaging in the activity you are learning	Spiritual director and directee. Someone you meet just for spiritual direction
ROLE OF CAREGIVER	To pray and bring an awareness of God's presence, truth and love	To provide clinical expertise and facilitate emotional and mental healing	To lead and advise as a result of having lived experience	To listen (to the directee and God) to help the directee become aware of God's work, direction and presence in their life
WHEN TO MEET	For discipleship, when needing comfort/prayer, for spiritual milestones (salvation, senior soldiership, marriage, dedication of baby, etc.)	When in crisis or coping with ongoing mental-health issues	When you want to grow or improve your capability in a specific area of life. When you want advice	When you want to see how God is working, calling, prodding and inviting you to new ways of being with Jesus in the midst of your circumstances
GOAL OF MEETING	To be supported spiritually and emotionally	To bring emotional healing and mental clarity through coping strategies and talk therapy	To be taught, challenged and encouraged through a season of life	To focus on building an intimate relationship with God over a lifetime, through all the problems, crises, joys and blessings
TIME NEEDED	Occasional	Short term, during crisis	As desired	Regularly, often once a month, over years