

*“Deep within our humanness is a profound need to be heard, and understood, not in part, but as a whole. Discover how to meet this need in yourself and in others.*

*No-one can develop freely in this world, and find a full life without feeling understood by at least one person. No-one comes to know himself through introspection or in the solitude of his personal diary.*

*Rather it is in dialogue, in his meeting with other persons.”*

*Paul Tournier*



Psalm 63:1

*O God, you are my God,  
earnestly I seek you;  
my soul thirsts for you, my  
body longs for you, in a dry  
and weary land where there is  
no water.*

## Listen to

*your life. See it for the fathomless mystery that it is. In the boredom and pain of it no less than in the excitement and gladness: touch, taste, smell your way to the holy and hidden heart of it because in the last analysis all moments are key moments, and life itself is grace.*

*Frederick Buechner  
“Now and Then”*

## What Is Spiritual Direction?



*Be still & know that I am God.  
Psalm 46:10*

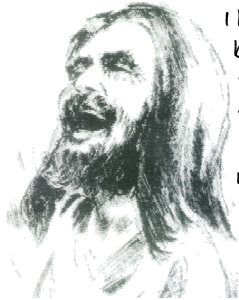


Giving Hope Today

**PASTORAL SERVICES  
& SPIRITUAL DIRECTION**

*“A deeper spirituality leads to inner freedom and loving service.”*

## The Who, What, Why & How of Spiritual Direction



I have cared for you since you were born. Yes, I carried you before you were born. I will be your God throughout your lifetime—until your hair is white with age. I made you, and I will care for you. I will carry you along and save you.  
Isaiah 46:3-4

*Intentional* spiritual formation is intrinsically valuable for emotional and spiritual well-being, and a significant aid in the prevention of ministry distress and burnout.

### What Spiritual Direction Is

- Intentional & confidential
- Focused on the individual, not the Director
- One on one
- Non-directive—prescriptive
- A means of growing in intimacy with God
- For everyone

### What Spiritual Direction Is Not

- The same as therapy or counselling
- New age. Rather, it grows out of the practice of the church
- Authoritarian
- A recent fad or the domain of one denomination or age of the church

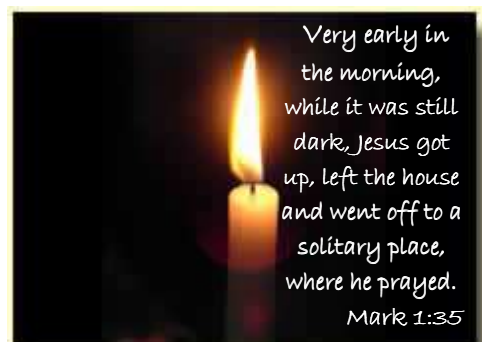
## Who Can Benefit from Spiritual Direction?

- Anyone who desires to deepen his or her relationship with God
- Christian leaders who need to share and be heard
- Those in transition
- Those seeking wisdom and discernment

## Why is Spiritual Direction Important?

- It creates a structured opportunity for spiritual self-care
- One's spiritual health is crucial to one's calling
- It enhances worship, stillness, reflection and meditation
- It helps establish a healthy balance between being and doing
- It nurtures a deeper spirituality
- Combats both the isolation and busyness of ministry
- Helps prevent burnout
- It is not a program, but a way of life.
- Gives vitality, significance and perspective to ministry

*“Without the inner world, the outer world lacks meaning; without the outer world, the inner world lacks substance.”*



## What Can I Expect?

- A confidential, skilled, non-judgmental listener
- A safe place to share one's heart
- Exposure to time-tested spiritual aids
- An experience geared to one's needs and personality
- An experience of the presence of God

## How Do I Find A Spiritual Director?

- To obtain a list of Spiritual Directors in your area, please contact Major David Ivany (*contact info below*)
- Long distance Video Conferencing is an option

*Look for someone who:*

- Is qualified and accredited
- Is a good fit in the initial interview
- Comes recommended
- Is connected to a Christian worshipping community
- May or may not be of the same gender and/or spiritual tradition

**For more information, contact:**  
**Major David Ivany**  
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