

...that someone could be a spiritual director.

What is a spiritual director?

A spiritual director is someone who offers a safe space where he/she can help us explore and reflect on our relationship with God, however fragile that may seem.

Over a period of time we share our faith story with this trusted person, in confidence. We bring the things that mean the most to us, including our hopes, dreams and struggles.

Each one of us meets God in our own everyday experience, sometimes we just need a little guidance and help to recognise it, and celebrate it.

Who becomes a spiritual director?

Ordinary people who have journeyed through the ups and downs of life, and who feel called to this ministry. They are from all walks of life. Most spiritual directors have extensive training and experience, and are excellent listeners.

They offer time, attention, acceptance and encouragement.

So where did the idea of spiritual guidance come from?

Since the time of the early Desert Fathers in the 3rd Century, spiritual guidance has been part of the tradition of the church.

A growing number of people are rediscovering how helpful it can be in today's busy, confusing world to have someone to walk alongside them on their journey of faith.



"Where two or three have gathered in my name, there I am in the midst of them." Matthew 18:20

So is spiritual direction/guidance for the super-spiritual only?

No. It is for anyone who is interested in drawing closer to God. God seeks us where we are.

How can spiritual guidance help me?

As a relationship of trust with this spiritual companion builds over a period of time, there will be opportunities to explore and develop ways of praying, meditation and reflection that may be helpful.

Through a more developed self-knowledge, we can become more aware of God's grace and movement in our daily lives. A good guide can bring a different perspective to issues, both past and present, that we may have been grappling with for some time.

As we speak more honestly and openly about ourselves and our struggles, we can grow more open to God. This greater transparency can lead to a growing sense of God's presence in all things, and a more grateful heart.

There is help and support in making difficult choices, which can be helpful in the decision-making process.

How can I find a spiritual director?

The Diocese of Arundel and Brighton have a Spirituality Network with a number of trained and experienced spiritual directors; lay, religious and ordained. They are available to accompany people on their faith journey. A financial contribution for sessions, if required, is negotiable.

If you would like more information on spiritual guidance, or the Network, please contact one of the members below, who would be happy to speak with you about what might be helpful for you.

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Vatican City. May 2011.

Pope Benedict XVI said
“As She has never failed
to do, again today the
Church continues to
recommend the practice
of spiritual direction, not
only to all those who wish
to follow the Lord up close,
but to every Christian who
wishes to live responsibly
his baptism...”



Sharing Your Faith Journey



Would you like to grow in your
relationship with God?

Do you find it hard to pray?

Does God's love sometimes seem
remote?

If you find yourself asking these
questions, it could be very helpful to
speak with someone about it.....