

# **Listening Guide – Spiritual Direction**

## **Introduction**

**Why the Interest?**

**Where are the resources?**

**What is Spiritual Direction?**

**How is Spiritual Direction “spiritual”?**

**How is Spiritual Direction “direction”?**

**Who goes on in Spiritual Direction?**

Listening

Clarifying the person’s God image

Helping people clarify their experience

Identification and clarification of a person’s value system

Affirmation

Challenge

Discernment

Teaching

Integration

Accountability

Help through Desert and Darkness

Prayer

**Who should do the Ministry of Spiritual Direction?**

**For whom is Spiritual Direction appropriate?**

Questions to Address:  
Before the Session

During the Session

After the Session

Conclusions

**Primary Resource:** *Handbook of Spirituality for Ministers*, edited by Robert Wicks.  
Chapter 5, “Basics in Spiritual Direction” by Shaun McCarty, S.T.