

Training and Certification for Spiritual Directors

Spiritual directors complete an intensive two-year training program. They are accountable to peer supervision and continuing education courses, events and retreats.

Many of our spiritual directors have completed seminary course work and hold Professional Certification in Spiritual Formation and Spiritual Direction in United Methodist Church.

FUMC is unique in that it has a number of experienced directors available for consultation .

“The whole purpose of spiritual direction is to penetrate beneath the surface of one’s life, to get behind the facade of conventional gestures and attitudes which one presents to the world, and to bring out one’s inner most spiritual nature and freedom, one’s inmost truth, which is what Christians call the likeness of Christ in one’s soul.”

Thomas Merton, O.C.S.O.



Spiritual Directors *First United Methodist Church*

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Spiritual Direction

**A ministry for spiritual
companionship**



*Within each of us lies the desire to find
real meaning and purpose as we
grow and mature in the knowledge and
love of God and as we explore our life
with God in light of the person and people
God created us to be.
A spiritual director can assist you on
that journey of self-discovery*

Companions on A Journey

What is Spiritual Direction?

Spiritual Direction is both an ancient and current ministry of the Christian church.

In the Methodist tradition the foundation for spiritual direction was laid by founding father, John Wesley.

Wesley believed that deepening one's relationship with God is first and foremost for Christian discipleship. He believed the most important question that we must ask and answer is, "How is it with your soul?"

By meeting with a gifted spiritual guide you will find the freedom to explore, deepen and understand your relationship with God in the context of who God created you to be.

A person fully alive is fully alive to God in heart, mind, body and soul. Thomas Merton O.C.S.O

Benefits of Spiritual Direction

- Identifying and trusting your experience of God
- Growing awareness of who you are as God's beloved child
- Clarity in making decisions according to God's desire for you
- Maturing in faith and nurturing the fruit of the Spirit: love, joy, peace, patience, kindness, generosity and self-control
- Maturing in love of God, love of self and love of others for the sake of God's Kingdom coming

You and your spiritual director will agree on a convenient time and location in which to meet. What is shared between you and your spiritual guide is always held in strict confidence.



Privilege and Responsibility of a Spiritual Director

A spiritual director does not 'direct' in the sense of giving advice or solving problems. Spiritual direction is not about psychological counseling or coaching. Spiritual direction is a ministry of graced self-discovery, discernment and growth in Christian love.

A spiritual director listens deeply and by asking insightful, open-ended questions, you can explore and deepen your relationship with God and yourself.

Your director may suggest devotional material, spiritual practices, and other resources that will enhance and enrich your journey.

Spiritual direction is a means of grace by which the Holy Spirit shines through with wisdom, grace and truth.

Wisdom consists not in seeing what is directly before us, but in discerning those things that come from the heart of God.