

## WHAT SPIRITUAL

We hear much today in the popular culture of spirituality and the “care of the soul.” If cultural observers are correct, there are lots of indicators that young people, while they may be less concerned with institutional religion, are more concerned with matters of the spirit than young people of previous decades.



Increasingly, more people

are drawn to an ancient practice known as spiritual friendship or direction. As we have come to know it, direction is always a relationship of two people and the Spirit. It is based on the confidence that God will provide people to whom we can go to talk. The real director is the Spirit, and the process of direction involves our coming to hear the voice of God in the midst of our very real lives.

As well, it provides us with more than what a friend is able to do and be for us. This act of holy listening is really about having someone to talk to about our lives in their fullness – perhaps our prayer lives, perhaps our experience of the

## FRIENDSHIP IS

longings or troubles. My own experience has shown me how valuable it is to be present with another person who is listening in the context of a trusting and faith-filled relationship. The experience of spiritual friendship enables us to reverence God’s voice and nudgings.



The presence of a skilled listener helps us explore how to pray through our fears, distractions, and blocks and to move beyond the barriers we discover in our intimacy with God. If you would like to explore the possibility of spiritual direction, then stop in for a chat.

## THE DIRECTOR

A spiritual friend or director is not an advice giver or a counselor, but a gentle presence, a listener, and a guide who can help you notice, discern, and respond to God’s invitation to grow, to change, to trust, and to gain freedom. “Spiritual directors allow the Spirit of God to dwell in us and speak through a person’s life,” said one person. “Spiritual friends embody the beauty, the grace, the mercy, and the love of God into whatever parts of the person’s life that he or she chooses to bring to the time together.”

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# BEING HEARD



## ON MY MIND

What frustrations do I face in my life?

What's especially hard for me right now?

What is important to me?

How do I feel about myself?

What about my life is holy?

What is going on in the world?

What are my concerns about world events?

What are my concerns about my relationships,  
my faith?

Who are the important people in my life?

Do I have an adult to companion me? If so, what  
is that like? If not, what would it be like to have  
a mentor or spiritual friendship?

According to a Gallop report, the six basic needs  
of young people are:

\* To believe life is meaningful and has a purpose

\* To have a sense of community and deeper  
relationships

\* To be appreciated and loved

\* To be listened to – and to be heard

\* To feel that one is growing in faith

\* To receive practical help in developing a mature  
faith



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# SPIRITUAL FRIENDSHIP

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