

DOMINICAN CENTER at MARYWOOD
SPIRITUAL DIRECTION PRACTICUM
YEAR 1, MODULE 3,
MARCH, SESSION 2

Reflection Questions

Spiritual Direction: Facilitating an Adult Relationship with God by William Barry

- 1) What kind of relationship do you want with God? What qualities would God need for this type of relationship? What qualities would you need?

- 2) How has your relationship with God been affected by “the ups and downs that come from the territory of being human, frail, and fearful”? How can these experiences be helpful or hurtful to you as a director?

- 3) Focusing on the stages Barry presents in the article:
 - Initial attraction
 - Honeymoon period
 - Period of turbulence
 - Joining God’s dream
 - Facing suffering and death and loss
 - Experiencing the joy of the resurrection

Which of these have you experienced in your relationship with God? How did they play out in your life? What’s helped you move from one stage to another?

- 4) Pick three of the stages. How would a spiritual director’s approach vary based on a directee being in one of these three stages?

- 5) “What we believe about God and God’s desires determines the kind of ministry we do.”

What do you believe about God and God’s desires to be in a relationship with us? How does this affect your ministry of spiritual direction?