

**DOMINICAN CENTER at MARYWOOD**  
**SPIRITUAL DIRECTION PRACTICUM**  
**YEAR 1, MODULE 2,**  
**JANUARY, SESSION 2**

**Guided by the Spirit**

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Descriptive definition of spiritual direction: “Spiritual Direction is a conversation a dialogue, between two people. In such a conversation one person aids another, often by a process of question and answer, to express his or her experience of personal faith and personal mystery. In this way one can discover the origin, the character, the quality and movement, and the patterns that evolve. One learns to hear more clearly and discriminate more acutely the varied voices of personal experience. This clarification, this discovery and interpretation, empowers the individual to make decisions that are congruent with and in greater harmony with a personal and unique experience of faith and mystery.” p.6

1. Personal encounter that is conversational
2. Primary purpose of the conversation is to express faith and mystery. An opportunity to clarify and objectify, to come to grips with what is going on in our personal and subjective experience of the world of God, others and of self.
3. The secondary purpose of this dialogue is spiritual discretion or discernment – an attempt to understand the
  - Origin
  - Meaning
  - Direction
  - Purposeof our experience and to make behavioral decisions that are congruent with this experience.
  - Pursue honest communication.
  - In order to better understand what is going on in our lives with God in order to better understand where God is leading us.
  - We will find deeper meaning in the overall direction of our lives in our moods and movements.
  - We pick up some sense of the rhythm and pattern, of the dynamic of God’s touch, (we know what voices we hear and we know what voices we respond to by the choices that we make before the living God).
  - Spiritual Direction deals explicitly with spiritual themes in life, embracing the totality of one’s life experience.

There is only one objective in spiritual direction: The development or growth of the individual seeking spiritual direction. This growth is determined by the directee in prayer, in reflection, and in the relationship with the loving God. The spiritual growth of the directee – in faith, hope and love is the explicit object, not a by-product of spiritual direction.