

## HOW CAN YOU FIND A SPIRITUAL DIRECTOR?

North Carolina is blessed with many good spiritual directors. To find one, we recommend that you visit these websites:

North Carolina Institute of Spiritual Direction and Formation



Western North Carolina UMC Spiritual Directors



Fellowship of United Methodist Spiritual Directors and Retreat Leaders

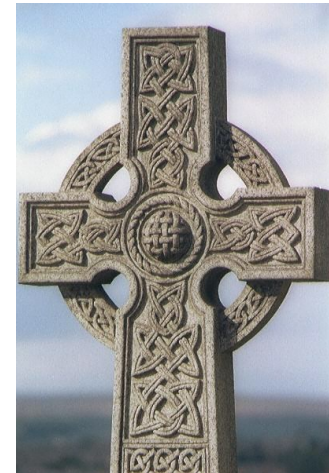


## HOW TO CHOOSE A SPIRITUAL DIRECTOR

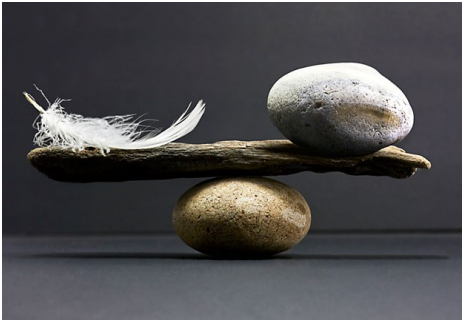
When looking for a spiritual director, it's important to find one who is compatible with you. During your first visit, ask questions!

- What credentials do you have?
- Where did you receive your training?
- What is your faith background?
- What spiritual disciplines do you practice and use in your sessions?
- Are you in supervision for spiritual direction?
- What is your fee? (most spiritual directors charge around \$50-70)

# Spiritual Direction for Your Well-being



**Duke Clergy Health Initiative**  
*Working for the well-being of United Methodist clergy and congregations in North Carolina*



## How You Can Benefit from Spiritual Direction

Spiritual Direction is the process of accompanying someone on the spiritual journey with the goal of discovering where and how God is at work in the details of one's life.

As clergy, you are an important instrument in God's work of reaching out to the world, growing disciples, and calling others into the presence and love of Christ.

A Spiritual Director can help you understand your own call better and guide you into a deeper relationship with God. This will help you deal with the challenges and stresses of ministry while also growing you into a more effective role model and helper to others on the path of discipleship.

## WHY SPIRITUAL DIRECTION?

You have heard about the benefits of having a ministry coach and a therapist, so why consider spiritual direction? A coach offers you guidance on how to do the work of ministry. A therapist helps you deal with problems that may arise just in the normal hard work of living. Coaches mentor. Therapists help solve problems.

Spiritual directors, on the other hand, help you listen for the voice of God. The true Spiritual Director is the Holy Spirit. Your human spiritual director acts as a conduit of the Spirit. As you talk about where you are seeing God at work in your life and how God is calling you to new and next steps in your life and ministry, your spiritual director is listening to you and to the Spirit.

It is the director's role to ask questions, point out patterns, encourage insights, and open you up to the presence and voice of God. Whereas coaches help you help others through growing your ministry skills and therapists help you help yourself through problem-solving, spiritual directors help you help others by helping yourself. As you grow closer to God and learn to hear God's voice more clearly, you will find it easier to tap into the power of the Holy Spirit in both your own life and in your ministry.

## WHAT CAN YOU EXPECT IN SPIRITUAL DIRECTION?

- A safe and confidential place to talk about your spiritual journey as you share your thoughts, doubts, struggles, hopes, and losses.
- A listening ear, a non-judgmental attitude, skills to guide you on the path toward a deeper relationship with God.
- Suggestions of spiritual disciplines, methods of prayer, and other resources to help you in your life.
- Help in discerning a call God has placed on your life or with ways to fulfill your call without suffering burnout.