



# FULL BLOOM SPIRITUAL DIRECTION, LLC

Jennifer Wade,  
Spiritual Director

# What Is Spiritual Direction?

- ▣ Concerned with helping a person directly with his/her relationship with God
- ▣ Help the person to address God directly & to listen to what God has to communicate
- ▣ Focus on the relationship itself between God & the person
  - Not so much to understand the relationship better, but to engage in it
  - To enter into dialogue with God
- ▣ Focus on what happens when a person listens to & responds to a self-communicating God

# What Is Spiritual Direction?

- ▣ Ongoing help with the dialogue & relationship with God
- ▣ Help given by one believer to another that enables the latter to:
  - pay attention to God's personal communication to him/her
  - Respond to this personally communicating God
  - Grow in intimacy with this God
  - Live out the consequences of the relationship
- ▣ Focus on the ongoing religious experiences, not ideas, of that personal relationship
- ▣ These experiences of God, often occur in prayer, but not limited to times of formal prayer

# What is NOT Spiritual Direction?

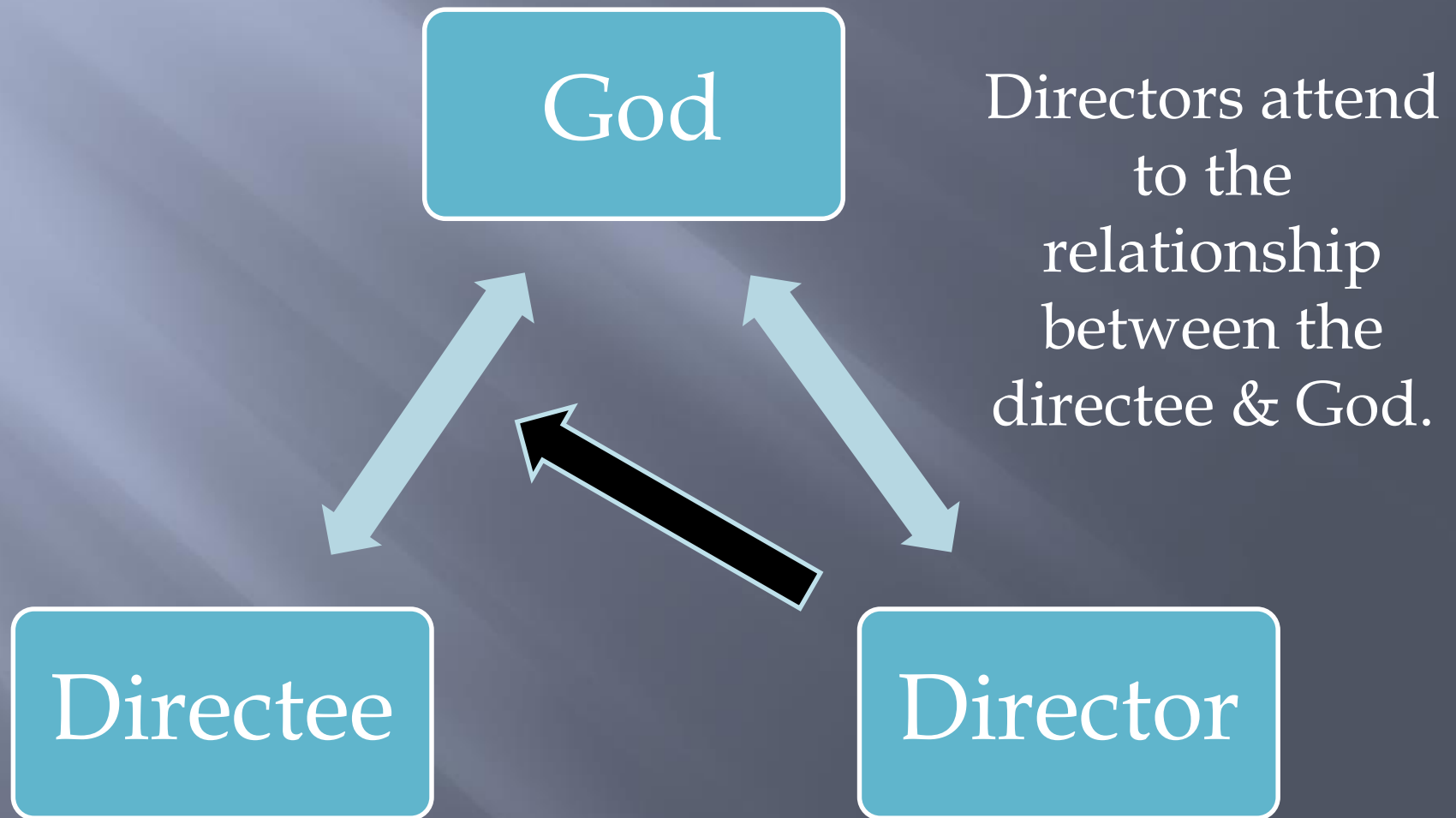
- ▣ Pastoral care
  - Spiritual Direction may be considered the core from which all other forms of pastoral care radiate
  - Ultimately all forms of pastoral care & counseling aim, or should aim, at helping people to center their lives in the mystery we call God.

# What is NOT Spiritual Direction?

- ▣ Giving responsibility for one's life to someone else
  - “My director told me to do it...”
- ▣ Advice-giving
  - Directors don't interpret revelations from God
- ▣ Problem-solving
- ▣ Catechesis
- ▣ Meeting with a “Guru”

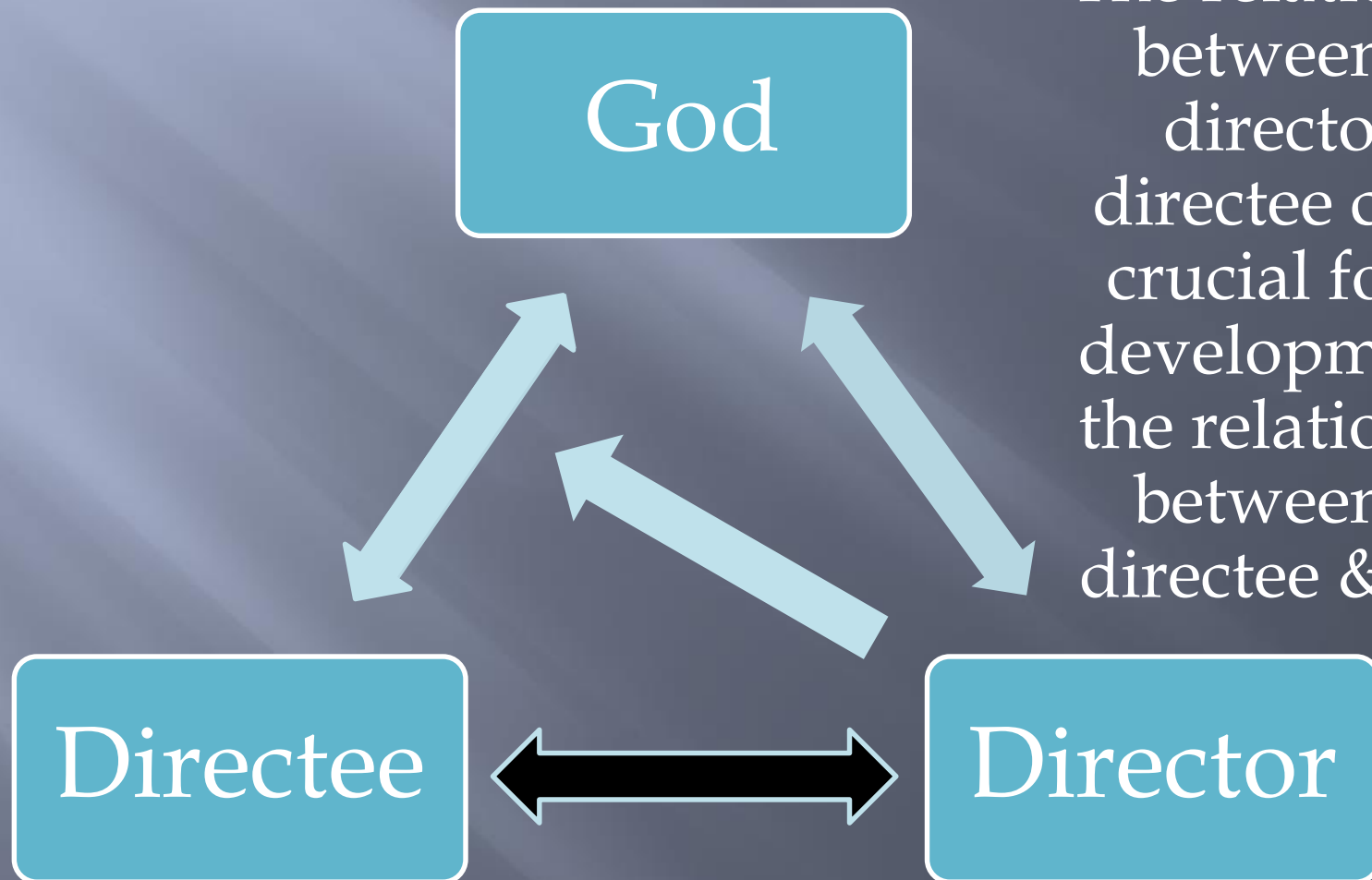


# Spiritual Direction Model



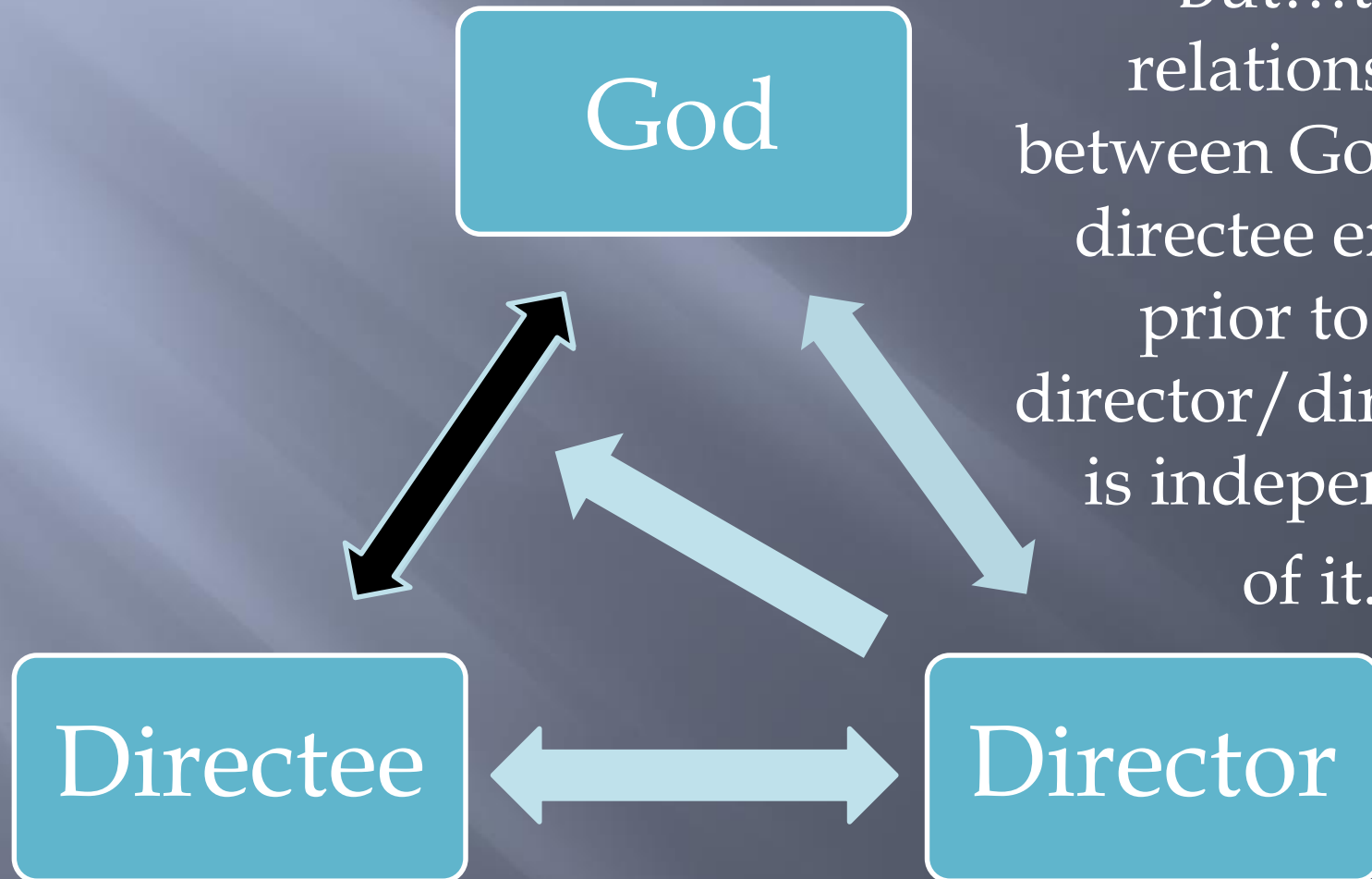
# Spiritual Direction Model

The relationship between the director & directee can be crucial for the development of the relationship between the directee & God.



# Spiritual Direction Model

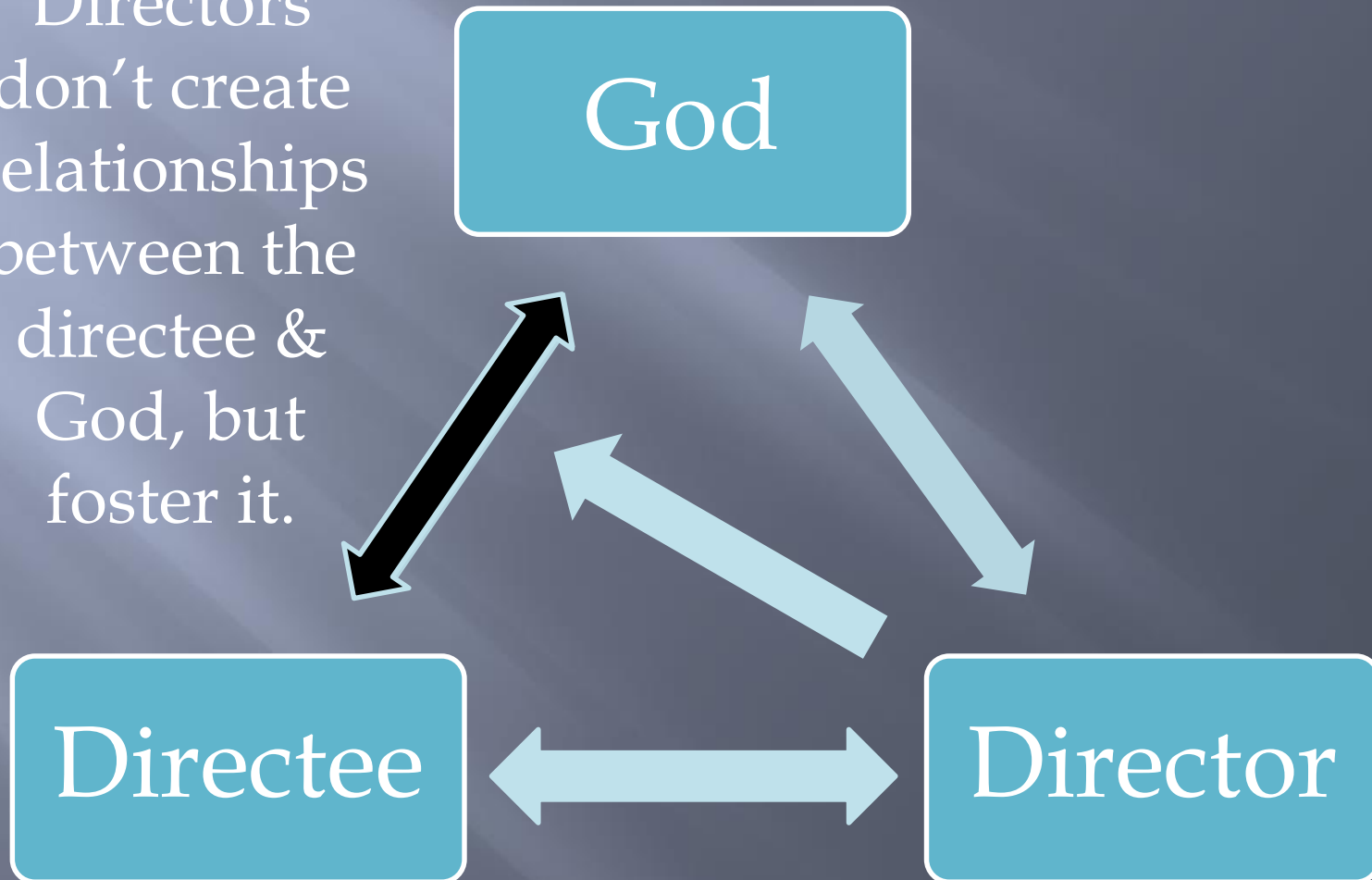
But...the relationship between God & the directee existed prior to the director/directee & is independent of it.





# Spiritual Direction Model

Directors  
don't create  
relationships  
between the  
directee &  
God, but  
foster it.



# Spiritual Direction Model

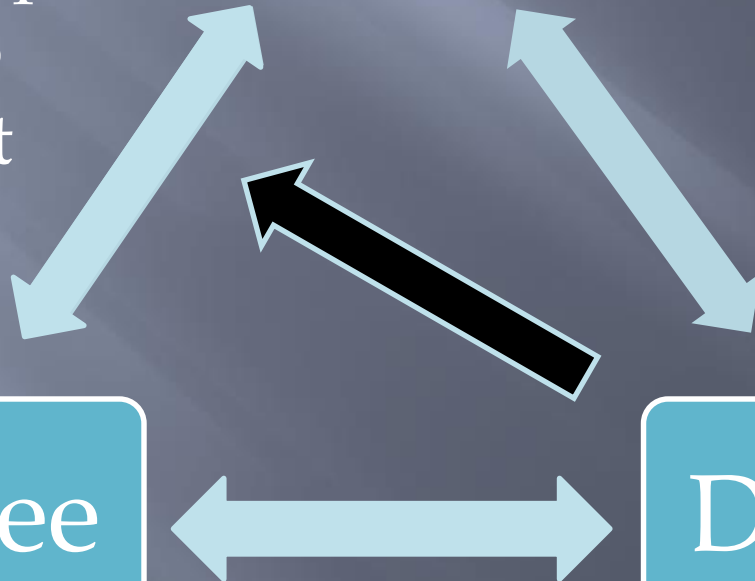
God does not  
need  
anyone's help  
to relate to  
people, but

God

people can  
seek help to  
develop their  
relationship  
with God.

Directee

Director



# Directee's Journey in Spiritual Direction

- ▣ Our image of God affects our image of self.



- ▣ As God reveals more of Himself to you, you will see more clearly who you are and who you are to God.

# Directee's Journey in Spiritual Direction



You go from a ...

False Image of Self  
praying to a  
False Image of God



True Self  
praying to the  
True God

*Of course,  
God is Mystery  
& can't be put in  
a box.*

# Directee's Journey in Spiritual Direction

- ▣ Learn to pray with Sacred Scripture
- ▣ Learn about movements or stirrings within one self that draw us towards God or away
- ▣ Recognize & deal with obstacles & temptations in your life

# Directee's Requirements

- ▣ Desire to develop a deeper relationship with God
- ▣ Daily prayer life
  - Openness to communicating with God
  - Openness to listening to God
  - Journal
- ▣ Awareness
  - What are your desires?
  - What emotions did you have?
  - Where was God?
- ▣ Openness to sharing with director



# Good Qualities of a Director

- ▣ Someone with a daily prayer life
- ▣ Someone you feel comfortable with
- ▣ Good listener & attentive
- ▣ Accepting, not judging of you
- ▣ Ethical - Everything in direction sessions is kept completely confidential
- ▣ Is receiving Spiritual Direction themselves and supervision
- ▣ Trusts in God
- ▣ Open & honest

# Full Bloom Spiritual Direction

- ▣ Email = [fullbloomspiritualdirection@gmail.com](mailto:fullbloomspiritualdirection@gmail.com)
- ▣ Phone = 970-231-7076
- ▣ Direction sessions are one-on-one usually at a church or in my home (I have a home occupation license) for an hour
- ▣ Direction sessions are usually once a month, but can meet more frequently upon request & if schedule allows
- ▣ Cost – Freewill offering (current rates are \$30-\$50 an hour)

# Prayer Companionship Program



*This is to certify that*

**Jennifer Wade**

*has successfully completed the formation for Prayer Companionship through the  
Lantern Center for Ignatian Spirituality  
in Denver, Colorado.*

*Ernest Sherstone omv*

Ernest Sherstone O.M.V., Director

*September 13, 2013*

Date





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