



St. Raphael the Archangel

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Spiritual Direction Form

What is **spiritual direction**? Spiritual direction is the practice of a trained spiritual director being with people as they attempt to deepen their relationship with God or to learn and grow in their own personal spirituality. It enables that person to pay attention to God's personal communication to him/her, to respond to this personally-communicating God, to grow in intimacy with this God, and to live out the consequences of the relationship

The focus of your spiritual direction is the directee(you) and your relationship with God.

The spiritual life is a relationship with Jesus, and that relationship grows through *time* together and *conversation*, which builds *trust*. *Trust* is vital in the most important relationships. Your relationship with Jesus is the most important relationship you have. If you have had an ongoing growing relationship with Jesus in prayer, this may be a good next step for you in spiritual growth.

The spiritual director is a spiritual companion who helps you to recognize the Lord & his activity in your life as well as to help you pay attention to His personal communication with you.

How often does spiritual direction occur? Usually about 1/month or every 2-3 months. Appointments for spiritual direction are 45 min. in length.

You may consider spiritual direction if ---

- **You desire to go “deeper” in prayer**
- **You desire to discover greater awareness of what is happening in your spiritual life, and how you might move forward**
- **You're seeking God amid the happenings in your life**

If you are interested and would like more info, **please fill in the following information, return it to St. Raphael the Archangel Parish office**, and someone trained in spiritual direction will contact you.

Name:

Address:

Phone:

Email address: