



Spiritual Direction Information Sheet

How is spiritual direction different than therapy? It is different from a relationship with a therapist, but therapy is the closest secular analogue. Instead of working through psychological struggles, with a spiritual director you have someone to be your accountability partner for your spiritual practices and your spiritual growth. This person will usually open with "How is your prayer life?", "Where is God in your life right now?" or a similar question and often the conversation will flow from there. But this person's job is to ask you tough, probing questions sometimes, and gentle questions other times.

A skilled spiritual director will see whether you need to be challenged to go deeper in that moment, or whether you need comfort and assurance that you're doing your best and discovering God's next steps for you in your own time. They help you keep moving through the spiritual dry spells, and can help you speak your own truth to yourself and to God by asking the questions that unlock that truth. At times they also can suggest books, spiritual practices, or other resources that they think you would benefit from.

Try an initial consultation with more than one director to seek a good match, and inquire about their fees, either when you make the appointment or at the first session.

Where can I find a spiritual director? Spiritual Directors should be certified, licensed, and formally trained. However, they do not have to come from the list that follows, which is a combination of a list curated by Mercy Conference and Retreat Center, and clergy and lay spiritual directors in the Episcopal Diocese of Missouri.

St. Louis University College Church, Sisters of St. Joseph of Carondelet, the Shalem Institute, and the Haden Institute are all places to explore when seeking a spiritual director if you do not wish to use the list provided. [Spiritual Directors International](#) also has many resources.

For those discerning ordination: As mentioned previously, this can be any licensed/certified/formally trained spiritual director. It should be someone that does not know you already. Be sure to communicate to your director that you are in the discernment process toward ordination, but know that spiritual direction can cover any spiritual territory that you and your director discern God would like you to explore. If your spiritual direction fees are a hardship, you may request financial assistance from the Diocese.

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