

Preparing for Spiritual Direction

Take a few minutes to allow yourself to become quiet, to move away from ordinary busy-ness. Intentionally place whatever you have been thinking about into God's care and ask for the grace of being able to listen to your own heart.

Do whatever you have found to be helpful in the past as preparation for prayer. You might take a few slow, deep breaths, or look out the window, or do a little journaling, or read scripture. Then, invite God to show you what it might be helpful for you to talk about in a spiritual direction session.

Things you might consider:

1. How are you and God getting along? Describe some specific feelings, observations, experiences that lead you to these thoughts.
2. What is your prayer like? If you are not praying much, how does that seem to you?
3. Looking at your ordinary life, what kinds of things seem to be drawing you toward God and what things seem to pull or push you away from God?
4. In the last month, what would you say about your sense of God's closeness/distance?
5. How have you been moved in any way by your awareness of God in someone else's life?
6. Is there any particular scripture text that seems to be speaking to you?
7. If you think of your life as a book, what would be good chapter headings for the last few weeks, months?
8. What would you like to say to God?
9. What do you think God might like to say to you?
10. What other things might you like to speak about with a spiritual director?
11. Is there anything that you really do not want to talk about with a spiritual director?

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