



# MINISTER'S RETREAT

## ***What is “Spiritual Direction”?***

Spiritual direction is a ministry that is focused on helping individuals discern God's will and movement in their lives. In Spiritual direction, one gifted and experienced person (the director) helps another person pay attention to their daily, weekly, ordinary life with God. The Holy Spirit sets the agenda, not the director or the directee. The spiritual director cultivates a space for the individual to pay greater attention to the move of the Holy Spirit in their lives.

A typical Spiritual direction session will often involve silence, prayer, scripture, and questions that lead to reflective noticing of our inner world and our life with God. The goal is to slow down with someone who is helping you listen to Jesus in a different way.

Spiritual direction could easily be mistaken for another form of helping ministry, counseling, coaching, or just mentoring. We recommend seeing a trained director who will be able to navigate the conversation well and know when to recommend other ministries.

Throughout the retreat, we're offering a limited number of one-on-one sessions with certified spiritual directors. These are not counseling or coaching appointments, but confidential, prayerful conversations with someone trained to listen, ask questions that help you reflect, notice, and respond to the Holy Spirit in your life and ministry.

If you find yourself in a season of discernment, fatigue, or transition—or simply curious about how spiritual direction could be of benefit for you—this may be a meaningful space and opportunity.

Sessions are 45 minutes and will take place in quiet, designated areas around the retreat center.

Sign-up information will be available at the check-in table (first come, first served).

“Be still, and know that I am God.” — Psalm 46:10