

# The Ministry of Spiritual Direction

**The Center For Spiritual Formation, Inc., 45 South West Street, Carlisle, PA, 17013**

Affiliated with the Susquehanna Conference of the United Methodist Church, 303 Mulberry Drive, Mechanicsburg, PA 17050

## THE MINISTRY OF SPIRITUAL DIRECTION

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The Ministry of Spiritual Direction program is a two-year training course which assists laity and clergy to sharpen their listening skills, clarify their graces, and acquire the disciplines essential to caring for souls in love.

**YEAR ONE** focuses on the history, traditions & models, Biblical roots & theological foundations of Spiritual Direction. It stresses the difference between psychological counseling and Spiritual Direction, and demonstrates a contemplative approach to God.

**YEAR TWO** focuses on the actual practice of Spiritual Direction: developing listening & assessment skills; becoming familiar with displacement and projection, transference & counter-transference; acquiring a working knowledge of the life-stages of faith development; cultivating an increased awareness of the power of prayer & healing; and learning the importance of supervision.

### ***The Ministry of Spiritual Direction will:***

- ❖ Provide basic instruction in sensitivity toward, & insight into the workings of the Holy Spirit;
- ❖ Advocate the need for a greater connectedness between the inner life of the Spirit and the outer life of faithfulness to the Spirit's direction;
- ❖ Facilitate a deepening prayer life & a greater contentment with silence & solitude;
- ❖ Equip trainees to deal with strong emotions, and maintain relationships over time;
- ❖ Require trainees to undergo Spiritual Direction & aid them in accepting personal weaknesses as the basis for compassion.

**Visit the Center's website for times & dates—keyword "Spiritual Direction."**