

My Rhythm of Life for Spiritual Direction



My Relationship with Directees'



- I will provide an initial time to meet and answer any questions about direction and seek to discover what their hopes and longings are for spiritual direction
- I consider time and space with each directee to be sacred; a time for us to be in the presence of the Lord together
- I promise to guard and protect this sacred space with appropriate preparation and atmosphere
- I will acknowledge each directee as a person made in the image of God and hold them with dignity and care
- I will protect what each directee may share with privacy, confidentiality and respect and to hold what is shared in this time as holy and cherished and share content only for purposes of supervision
- I will hold each person in prayer throughout our relationship
- I will enter each session with being open, fully present and listening attentively to the directee and the Holy Spirit with all of my mind, heart and soul

My Relationship with Directees' cont'd



- I commit to hold and attend to each directee in a spirit of humility and openness
- I commit to prayerfully notice and discern the Holy Spirit's movement in their lives
- I commit to practice holy restraint until I am sure the Lord is prompting me with to ask additional questions or to return to prayer
- I commit to regularly reflect on my relationships with directees'
- I commit to the maintenance of healthy boundaries and seek to notice and dispel any instances of transference or countertransference
- I commit to abide by the ESDA code of Ethics

My Relationship with Fellow Directors and Other Professionals

- I will maintain relationships within and across disciplines
- I will seek to be in community with other Spiritual Director's for peer sharing, ongoing learning and supervision
- If a directee is with working with a pastoral counselor or therapist and would ask the directee to inform him/her of our relationship



Accountability

- I depend on the relationship that I have with my spiritual director. This relationship helps me attend to my own personal relationship with the Lord.
- I regularly meet with a peer group of spiritual directors. They speak truth in love and provide insights, that I may be blind to both in my relationship with the Lord and in my relationships with others.



Prayer for Spiritual Growth

When I think of all this, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth. I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. Now all glory to God, who is able, through his mighty power at work within us to accomplish infinitely more than we might ask or think. Glory to him in the church and in Christ Jesus through all generations for ever and ever! Amen.

Ephesians 4:14-20