

Reflection Questions

Be as specific as possible about your experience.



1. What events, experiences, relationships, etc have communicated to you a sense of God's presence and absence? What are you now thinking and feeling?
2. What has been your practice of prayer? What has helped you to stay attentive to God? Where have you experienced difficulty?
3. In what area/s of life do you sense God calling you to growth or commitment? How are you following this up?
4. What have been your spiritual highs and lows?
5. What, if any, hindrances to responding to God's love, and being taught by God, have you been aware of?
6. If you could use any colours, images, one or two words, or music, how might you express what life has been like for you?

Spiritual Direction outside of a retreat setting requires an initial commitment of four sessions with a review of their value during the fourth meeting. A decision whether or not to continue will result. Any period between six weeks to three months is the usual time between meetings.

Spiritual Direction is offered on Cyprus in person and by email/skype to those living outside Cyprus.

Donations towards the receiving of Spiritual Direction will be used to further the retreats ministry.

Anglican Diocese of Cyprus and the Gulf

Phone: +357-22-671220

Mobile: +357-99-155092

E-mail: retreats@spiderney.com.cy

www.cypgulf.org/retreats/



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Preparing for



Spiritual Direction



some helps

Ancient Practice

- Do you feel there must be more out there to feed you spiritually?
- Are you trying to discover God in the complexity of your life?
- Would it be helpful to have someone who will listen to you confidentially and offer a spiritual perspective?



Since the beginning of the Christian faith, spiritually hungry individuals have been finding the answer to these longings through meeting with a Spiritual Director.

“How do we know that we are not deluding ourselves, that we are not selecting those words that best fit our passions, that we are not just listening to the voice of our own imagination?... Who can determine if our feelings and insights are leading us in the right direction?”

Our God is greater than our own heart and mind, too easily we are tempted to make our heart's desires and our mind's speculations into the will of God. Therefore, it is helpful to have someone to accompany us ... who helps us to distinguish between the voice of God and all other voices ...

We need someone who encourages us when we are tempted to give it all up ... someone who discourages us when we move too rashly in unclear directions ... someone who can suggest to us when to read and when to be silent ...”

(Reaching Out, Henri Nouwen)

How does it work?

You might wonder what to say when you go to meet your retreat guide/spiritual director. Something obvious may come to your mind or you might think you have nothing of any significance to talk about! The times when we think there is very little happening spiritually are often the times when something surprising emerges!

Everything you say to your retreat guide/spiritual director is held in confidence. Your guide is listening for the ways that God is working in your life, both during your prayer times and in your other activities. Your guide will offer suggestions for prayer but will not tell you what to do.

If there is something preoccupying your thoughts, it is usually helpful to talk about this earlier rather than later in your retreat or conversation with your guide/director. To avoid talking about what really concerns you, may result in missing an important point.

Often things from the past surface - this is quite normal. Talking things through can be helpful but this is not counseling.



The following information offers a suggested process and some reflection questions to assist you in preparing for spiritual direction.

Suggested Process



1. Take a moment to pray. Express your desire to follow God's leading in all of life.
2. Consider the questions overleaf that seem most relevant to you, aware this is not a performance test!
3. Listen also to the questions that cause you to feel resistant or that seem completely irrelevant. It may be that something unexpected will come to mind.
4. Take time to express any thoughts, questions, points of gratitude, arguments, or whatever, that arise for you as you go through the questions.
5. Take a moment at the end to express your trust that God's Spirit is with you and will stay with you always.
6. Jot down your thoughts and feelings in a notebook and share these with your retreat guide/spiritual director.