

Good Dirt Ministries

Spiritual Direction

Spiritual direction is a way of companioning with people in their life with God. The practice takes the shape of honest reflection in the presence of a co-pilgrim. Together we notice the places that are moving toward an integrated loving friendship with God and those places that are stuck, disjointed or painful. In the presence of Jesus, we recognize and respond to the invitation into the loving community of the Trinitarian God. Healing, sustaining, reconciling, and guiding are primary elements in spiritual direction.

Spiritual direction is not counseling or psychotherapy.

Spiritual direction sessions are confidential. Only two instances warrant the breaking of confidence. 1. If the directee is a danger to herself/himself or others, the director will seek outside assistance. 2. Ethical standards suggest that directors meet with a spiritual director supervisor during which sessions will be discussed. The director is the focus of the supervision not the directee. The directee's name will not be used and identifying details will be altered.

Spiritual direction sessions usually last one hour.

Place of meeting and frequency of meeting are determined on the first visit.

Payment is never to be an obstacle to direction and as such, the directee determines payment amount, which can be any amount between \$5 to \$75. Payment can be digitally given at www.GoodDirtMinistries.org/spiritual-direction/. Click the "Donate" button.

The very first session is free as it is a time to get to know each other and determine how to proceed.

Every six months we will evaluate the spiritual direction relationship, discerning if it continues to be beneficial. When it no longer is, we bless our parting.

I can be contacted at lacygooddirt@gmail.com.