

## **Spiritual Direction: What is it?**

Spiritual direction is a historic practice of the Christian church that involves regular, intentional conversations between a spiritual director and a directee. In spiritual direction, the directee seeks God, grows in their awareness of God, and responds to God's invitations.

## **What is a Spiritual Director?**

A spiritual director is a trained and experienced guide who accompanies individuals on their spiritual journey. Spiritual directors are not therapists, but they can offer support, guidance, and encouragement to directees as they navigate the complexities of their life as it is lived before and with God.

## **What happens in a Spiritual Direction session?**

Spiritual direction sessions typically last for an hour and are held in a private setting. During a session, the directee is invited to share their thoughts, feelings, and experiences related to their spiritual life. The spiritual director listens attentively and offers questions and observations, helping the directee reflect on their experiences and deepen their understanding of themselves and their relationship with God. Spiritual direction is beneficial for anyone who is interested in exploring their spiritual life more deeply. It can be helpful to those who are new to Christianity as well as those who have been on the path of Christian discipleship for many years.

## **What can result from Spiritual Direction?**

Spiritual direction can lead toward:

- ❖ Deeper understanding of oneself and one's relationship with God
- ❖ Greater clarity and focus in one's spiritual life
- ❖ An increase in faith, hope, and love
- ❖ Greater compassion for oneself and others
- ❖ Stronger sense of purpose and meaning in life

## **Disclosure Agreement**

I follow the [Code of Ethics](#) of the Christ-centered Spiritual Directors Association. I do not provide professional therapeutic counseling or financial or legal advice. I commit to maintaining an appropriate confidence. I am a court mandated reporter and am required by law to report sexual, physical, child or elder abuse. In the event of suicide risk, I take action to contact appropriate professional help. I am an ordained Baptist minister and follower of Christ.

## **Appointments and Payment**

You may schedule an appointment [here](#). Please select my name. If you cannot find an appointment through my online calendar, please email [bas@benjaminasimpson.com](mailto:bas@benjaminasimpson.com). I structure my fees on a sliding scale. Sessions are \$85 and \$50 for spiritual-directors-in-training. If you are a student at Truett Seminary, contact me about my seminarian rate. I receive payment via cash, check, Venmo, or PayPal.