



“Every Covenant pastor should be in spiritual direction.”  
– Dave Kersten, Executive Minister of the Ordered Ministry

### INTERESTED IN FINDING A SPIRITUAL DIRECTOR?

- Contact a member of the NWC Spiritual Directors Network, or the NWC office at 612-721-4893 or 800-756-6692
- Visit the NWC Website for more information at [nwc-cov.org/pastoral-care](http://nwc-cov.org/pastoral-care)
- Prayerfully consider the names of the spiritual directors you have received
- Contact one or more in order to discern which spiritual director would be the best fit
- If possible, meet with several of the spiritual directors before making your final decision

### SUGGESTED QUESTIONS FOR YOUR CONVERSATION WITH PROSPECTIVE SPIRITUAL DIRECTORS:

- What is your training for spiritual direction?
- How do you continue to grow in your own spiritual life? What are your personal practices?
- What experience do you have in spiritual direction? In what type of environments?
- What have you found to be helpful in the process of being a spiritual director?



### NWC Spiritual Directors Network

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[www.nwc-cov.org](http://www.nwc-cov.org)

*For referrals for spiritual directors in other conferences, contact:*  
The Evangelical Covenant Church  
Department of Christian Formation  
773.583.0220



northwest conference

developing leaders. thriving churches.

## THE MINISTRY OF SPIRITUAL DIRECTION

PASTORAL  
SUPPORT



# THE MINISTRY OF SPIRITUAL DIRECTION

## SHOULD YOU PURSUE A SPIRITUAL DIRECTOR?

Serving in ministry is not always easy. Continuing to grow in our own walk of faith is not assured, though it is often assumed by those we serve. After all, we are “in the ministry!”

Yet, there are times when we find ourselves serving, even while our own spiritual and devotional engine is running on fumes. This is why we care about spiritual direction in the Northwest Conference. We desire that all who serve in ministry positions within our region continue to grow, not only professionally, but personally. After all, as the saying goes, we can only lead people to where we have been ourselves.

Thus, while the NWC encourages many pastors to become involved with a coach to hone professional skills for the “nuts and bolts” of ministry through CoOp (Coaching of Pastors), we also know that strategy and pragmatism is not enough. Pastors need a deep and abiding connection with Jesus Christ, both for their own spiritual health and the health of their ministries. Having a spiritual director can be a very effective way to renew and maintain this vital connection.

Therefore, we encourage you to consider visiting with a spiritual director to see how this practice might be a help to you—both in your own walk, and in your pastoral ministry.

“In some ways, the art of spiritual direction lies in our uncovering the obvious in our lives and in realizing that everyday events are the means by which God tries to reach us.” – *Alan Jones*

## WHAT IS SPIRITUAL DIRECTION?

Spiritual direction is an ancient practice, manifested throughout history and across cultures in many ways. At its essence, spiritual direction is the ministry of listening, discernment, and prayer in a confidential setting of encouragement and compassion.

An individual offering spiritual direction is a spiritual companion, helping to discern the movement of God in another’s life. Like you, a spiritual director is a spiritual seeker, someone who can walk with you on a journey of discovery and growth, enabling you to pay attention to God’s personal communication with you, to respond to this personally communicating God, and to grow in intimacy with God.

In spiritual direction, the focus is on the inner life, the “heart.” It includes the “head,” but points to more than reason and knowledge. It also reminds us that another Spirit, the Spirit of the Lord, is intimately involved. The spiritual direction relationship is grounded in the art of listening; the director being a careful and supportive listener to what you have to share, as well as you both listening for the voice of God in your life.

Ultimately, *your real Spiritual Director is God’s Spirit*, who has walked with you from the beginning and will continue to do so as you seek His presence and guidance.

*Note this description was adapted from “What to Expect in Christian Spiritual Direction; SDI; Candlelight” by Susan S. Phillips; and “The Practice of Spiritual Direction” by Barry and Connolly.*



As you go on your way,  
Jesus goes with you;  
Before you to show you the way,  
Behind you to encourage you,  
Above you to watch over you,  
Below you to uphold you,  
Within you to give you God’s peace,  
And beside you to be your friend.  
– *A Celtic Blessing*