

Finding a Spiritual Director *Care Crawford*

The following are some thoughts and suggested questions you may want to consider as you call and connect with potential spiritual directors.

- ❖ I recommend talking to more than one spiritual director as you are looking.
- ❖ You should ask for an initial appointment to get to know them and they you- sometimes this can be done on the phone.
- ❖ You want to find someone with spiritual maturity. This does not necessarily mean they are “older” in years, a person younger than you may offer this.
- ❖ Remember, you are looking for someone who is the right “fit” for you. Thus, you may want to speak with several directors and “interview” them, as it were.

Here are some questions you might want to ask:

- ❖ Can you tell me about your own faith journey & spiritual disciplines/practices?
- ❖ Are you in spiritual direction yourself?
- ❖ Are you in supervision for your spiritual direction practice?
- ❖ Where were you trained?

These are all important things for you to know about the person with whom you will share your own spiritual journey and, in part, open your soul.

Things to avoid:

- ❖ Someone who has an agenda” for you or your life.
- ❖ Someone who talks too much.
- ❖ Someone who tells you what you “should” or “need” to do. A good director asks good questions and helps you in the process of exploring and discerning as you look at the landscape of your own spiritual journey. Spiritual Direction is all about the directee’s relationship with God.
- ❖ Someone who has trouble with boundaries - their own experience spilling into yours.

There are three chairs in the room in direction...directee, director and God.

As you find a right “fit” for you, of course issues of temperament, gender, denominational histories and so forth may make you feel more comfortable with one director than another. That is just fine! Trust your instinct and sanctified common sense. You want to feel safe and ensure that direction is a place of welcome for you. Sometimes as you begin in direction you may make a covenant with a director and agree to meet two or three times and maybe even more and then evaluate how it is going. It is not inappropriate to stop or change directors if you do not feel that it is the right connection.