



**SAMARITAN**  
COUNSELING CENTER

*Hope and healing through faith resources*

## Spiritual Quiz

***Are you being called to consider Spiritual Direction?*** Please check off those items below that pertain to you, and then make your own decision if you would want to consider benefitting from seeking a Spiritual Director to assist you in your spiritual journey.

- I want to know more about God and how God is in my life
- I wish to grow in my relationship with God
- I don't know where to begin to develop a prayer life
- My life needs some re-directing when it comes to faith
- I want to build on what I was taught as a child about God
- I have had negative experiences with religion and former clergy and want to free myself of the past and begin anew with a spiritual guide
- I long to know more about scripture and how to apply God's message to my everyday life and relationships
- I want God to be a part of my personal life but don't know how to start
- I need a safe place to ask my questions about God and the meaning of life
- I feel like my relationship with God is still that of a child and want to relate to God as an adult
- I have no one with whom I can talk about spiritual matters and how they relate to everyday issues and relationships
- I want to grow closer to God and to discern my calling in life

## Benefits of Spiritual Direction

***Confidential, sacred time:***

- To ask many of the important questions of life in a safe environment
- To question one's faith and belief system
- To express one's desire to grow in a personal relationship with God
- To make connections between the natural and spiritual of life
- To review one's spiritual journey
- To discuss and discern some aspect of one's spiritual journey
- To grow in an understanding of the importance of prayer and what is prayer
- To learn to listen to the inner workings of the Spirit within
- To grow in one's relationship with God in freedom and with commitment
- Other ideas presented by the directee



***Spiritual Director/Mentor is available to:***

- Listen with respect where the Spirit is leading
- Reflect what is being said verbally, emotionally and physically
- Offer scriptural, spiritual and/or pertinent readings for reflection
- Begin and end each session with prayer: verbal or silent
- Support one's spiritual journey in the faith tradition of that person
- Invite the directee to set realistic spiritual goals and practices
- Suggest referrals to other agencies when appropriate
- Reflect the goodness and love of God to each directee
- To assist the directee to awaken to the mystery called God in all of life
- Other benefits not listed here

***Spiritual Direction is NOT:***

- Replacement for psychological counseling
- In competition with counseling
- A direct "line" to God
- A cure for past hurts from clergy
- A substitute for worship within a congregation
- A place to receive any type of advice to solve a problem
- A time to convert the directee to a particular discipline or religion

