

What Is Spiritual Direction?

Spiritual direction has existed for centuries. It is a one-on-one journey with a spiritual director who helps you deepen your relationship with God and gain discernment, clarity and growth in your spiritual life. At Samaritan, this includes fostering *whole-person health* (the balance of body, mind, and spirit), and helping you to embrace life's struggles and joys in ways that give life greater purpose and meaning.

Spiritual direction provides:

- Guidance and companionship to filter through life's challenges.
- Inspiration and insight to grow spiritually.
- Opportunities to learn or enhance spiritual practices, such as prayer, contemplation, and journaling.
- Help to explore the ways that God is present and moving in your life.
- Hope as you enter a deeper understanding of yourself and your relationship with God.



Who can benefit from spiritual direction?

The answer is ANYONE. A healthy spiritual life strengthens your ability to cope, heal, and maintain a sense of calm and purpose.



Spiritual direction sessions are sacred, safe, and confidential, and meant for deep awareness of the Spirit's invitation to make meaning of everyday life.

A spiritual director accompanies you through the good times and the bad.

He or she helps you discover how God is working in your life when you're spiritually stuck or unable to sense God's presence during difficult circumstances. Here are some examples of when having a spiritual director can help...

Coping with work-life challenges

You love your life's work that God has called you to do. But if it becomes a source of excessive stress, it will take a toll on your health. This is

especially true in ministry, healthcare, and human services when you may find that you're taking care of everyone's needs while your own go unmet. You may become disillusioned and question why God is allowing this to happen.

Healing wounds

Experiencing violence, illness, divorce, a loved one's death, and other traumatic events can threaten to shatter your faith. You may feel that God has abandoned you or has stopped answering your prayers.



Your spiritual director offers you a safe space to explore your innermost thoughts, feelings, doubts, and fears. Regardless of where you're at in your faith journey, you can talk freely and be listened to without judgment.

Deepening your communion with God

God desires an intimate relationship with you. Spiritual direction will help you to grow in that relationship, as well as learn to:

- Respond to *God's presence* in your life.
- Discern *God's voice*.
- Trust in *God's guidance*.

Group Learning Opportunities

Samaritan also offers Spiritual Direction groups, retreats, workshops, presentations, and other educational opportunities. Topics can include Whole-Person Health, Spiritual Health, Spiritual Self-Care, Self-Compassion, Spiritual Growth, and more.

Getting Started

Samaritan's spiritual directors are trained and experienced in their practice and passionately believe in the work they do. Whether you're interested in one-on-one sessions or would like to arrange for a group opportunity, please give us a call. If you reach voicemail, *do leave a message* and we'll call back as soon as possible.

**We offer our services
both virtually and in-person.**

**If you have questions
or would like to schedule
an appointment, please call
888.200.9746.**

**To learn more, visit
samaritancounseling.net.**



Counseling • Guidance • Consulting

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Important to Know

*In addition to spiritual direction,
Samaritan offers spiritually integrated
psychotherapy, coaching, clergy
and congregations services, and
educational programs.*

*We serve people online as well as from
multiple offices in Western Pennsylvania.*



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Spiritual Direction

