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Six Biblical Principles of Spiritual Listening: LISTEN

Use the following acrostic (LISTEN) to remind yourself of basic components of competent spiritual listening.

— Excerpted from *Spiritual Friends*

L — Loving Motivation:

Proverbs 21:13

I — Intimate Concern:

Galatians 6:1-3; Colossians 4:6;
James 3:17-18

S — Slow to Speak:

Proverbs 18:13; James 1:19

T — Timing:

Proverbs 15:23; 25:11

E — Encouraging:

Hebrews 3:7-19; 10:24-25

N — Need-Focused Hearing:

Ephesians 4:29

Your life is a sacred journey. And it is about change, growth, discovery, movement, transformation, continuously expanding your vision of what is possible, stretching your soul, learning to see clearly and deeply, listening to your intuition, taking courageous challenges at every step along the way.

You are on the path... exactly where you are meant to be right now...

And from here, you can only go forward, shaping your life experience into a magnificent tale of triumph, of healing of courage, of beauty, of wisdom, of power, of dignity, and of love.

— Caroline Adams



Spiritual Direction Listening Together...



*Let your wisdom guide you
On your own personal journey
By listening to your heart
Your soul will be alight
And let you be
All that you are intended to be*

— Karen Hackel

WHAT IS SPIRITUAL DIRECTION?

Spiritual direction is a form of hospitality. It says, "Welcome to this safe space. Pull up a chair, let's talk awhile. Let me listen with you to the voice and movement of the Holy in and around you."

Because every aspect of your daily life affects your relationship with God, ordinary concerns such as ministry, work, family, relationships, emotional hurts, joy, anger, sexual concerns, fears, compulsions, addictions, dreams, etc. are properly shared in spiritual direction.

A director helps you explore the darkness of self-doubt, confusion, fear and anger so that you are able to be free of what blocks you from truly see yourself as the gift you are .



The purposes of a person's heart are deep waters, but one who has insight draws them out. — Proverbs 20:5 NIV

The farther the outward journey takes you, the deeper the inward journey must be. Only when your roots are deep can your fruits be abundant. — Henri Nouwen



WHAT CAN YOU EXPECT FROM SPIRITUAL DIRECTION?

- ◆ One-hour meetings, typically monthly
- ◆ Respect for your values, desires and Conscience
- ◆ Respect for you as a person regardless of race, color, sex, sexual orientation, age, religion, national origin, marital status, or personal disabilities
- ◆ Questions that invite you to assess your Charism
- ◆ Unfolding clarity on how your unique life story intersects with God's story
- ◆ Personal Referrals as necessary

WHAT ARE THE GIFTS OF SPIRITUAL DIRECTION?

In a series of private conversations you will ...

- ◆ Find encouragement and affirmation in all life's spiritual struggles with relationships, family, your work or calling, goals, dreams, loss, illness, recovery, religious teachings, etc.
- ◆ Engage in valuable spiritual practices that nourish you
- ◆ Learn how to still your soul and be at peace in the midst of life's demands
- ◆ See God's present activity in your life in new ways
- ◆ Become more aware of God's presence, unconditional love, and grace in all things
- ◆ Deepen your connection to God, your true self, others, and creation
- ◆ Acknowledge the Blessed moments in your every day
- ◆ Understand your purpose in the world and what difference you can make
- ◆ Celebrate joys and accomplishments