

## Why is Spiritual Direction Important? by Judy Fackenthal

Sometimes, we find a need for a trusted companion in our faith journey. *Spiritual direction* provides this through the relationship between a person seeking direction, a spiritual director, and the Holy Spirit. Together, the spiritual director and the person, listen to the Spirit, discerning God's movement in her/his life. By listening and asking caring open-ended questions, a director serves as a spiritual midwife, helping others give birth to what God calls forth in them. This grace-filled relationship blesses, empowers, and encourages one's understanding of God and of a life lived in loving God, others and self.