

What is Spiritual Direction?

Spiritual direction is the exploration of a persons spiritual path. The path belongs to the directee. The director or companion is trained in holy listening, deep reflection and the principles of discernment.

Spiritual direction is the practice of being attentive to the movement of God in our human quest for meaning, love and true identity. (Teresa Blythe).

Submitted by Reverend Betty Wright-Riggins, Spiritual Director, TrustOne Ministries