

Spiritual Director training

January 9, 2016

Opening Prayer

daily - Examen

1st week rules - review

note - doubts never come from the Holy Spirit

table discussions - Fleming

article beginning p12

two major points

1. work of theology, scripture, tradition, based on experience (a person's ordinary, everyday life is where we find the Holy Spirit's work)
2. SD helps person see the work of the Spirit (to help people help themselves)

p14 Spirituality is primarily the work of the Holy Spirit

note spirituality applies to everyone, regardless of religion. We are talking specifically about Christian spirituality.

p14 (2nd paragraph, 1st sentence) - that is our goal.

p17 "because Jesus became man, there is no human experience that is foreign...to God"

p15 "the supernatural presupposes and builds upon the natural"

We are holy because God made us holy, not by anything we do.

The goal of human life is to spend eternity with God.

p14 "Christian spirituality is the effort to discern and respond to the life-giving promptings of God's spirit"

p15 we have false idols in our lives, eg money, Powerball

p15/16 "Spirituality is letting go of our own ideas, and allowing ourselves to become what God wants us to be" (paraphrase)

p18 "a sense of personal restlessness and dissatisfaction with one's former ministry may be a sign of God's call to a new ministry"

Restlessness - can come from the Holy Spirit

Is it consolation or desolation?

↓
could be either

SD pricking conscience

Evil spirit can also make you feel restless

article p54 discussion

p60 “the nature of evil powers is not precisely to do anything to the human consciousness. Rather it is to block the orientation of the spirit...”

p56 “the Holy Spirit is the Spiritual Director”

In SD, we need to be where they are.

As SD’s, all we really have to do is listen

listen with sympathy (with the heart, not just the mind)

After listening, then the SD should ask questions

that will get rid of the “block” as described on p60

Being sympathetic (or empathetic) is essential in a Spiritual Director.

p57 “spiritual direction in the Church is a divine, personal, vivifying, unifying, centering power directing both the Church as a whole and each member to the same goal.”

article p106

Which one applies to you? (discussion)

General consensus is that a variety of styles is needed, depending on the needs of directees.

- no mention of “charismatic”
- mostly “incarnational” and “interpersonal”

Case Studies

1. Kay

Will you see her?

Who is God to her? (image of God)

Have you seen a doctor?

What is your prayer life like?

What does she want? What is she looking for?

What can you do and what can't you do for her?

Expand on what it would feel like if God loves you?

She is going through the stages of grief

needs to surrender to God

Role-play (Fr. Ron & Catherine E)

need to ask open-ended questions (get her to talk)

“tell me more”

“ tell me about your experience of God in your life”

(she has a relationship with her creator)

“What do you want me to know?”

Confidentiality

may be explained, to put the directee at ease (at appropriate times)

does not apply in cases of child abuse and indications of harming self

could be explained at end of 1st session

2. Jessica

What is she looking for?

seeking more intimacy with God (this depends on Him)

How has your relationship with God been, and how would you like to see it be?

Is she doing too much at church?

note doubt - thinks she is loving God wrong

- not sure she can do what SD asks

3. Jane

seems to be depressed

condition of seeing her → see her doctor

say "this is not healthy" (be cautious with phrase "not normal")

need to try to lead her to see that it's not God's fault

young male SD probably not a good idea

praying together would be good for 1st meeting

LUNCH

Christian Worldview	
CLASSICIST	HISTORICIST
(Physicalist) <i>Rep</i>	(Personalist) <i>Dem</i>
Deductive	Inductive
FIXED	MUTABLE
CERTAIN	UNCERTAIN
DETERMINED	???

"Worldview" is - how we look at the world

- what we think the world should look like

- how we interpret the world

Classicist

- until Vatican II (approx.)
- priest manuals
- view of "Natural Law"
- look at rule, use deductive reasoning, ∴ do action prescribed
- everything is determined
- sees no need to change anything

Historicist

- not fixed
- Natural Law doesn't always answer the question
- things can be uncertain
- everything is not determined
- open to change

We need BOTH Physicalist and Personalist

- we are searching for what is truth
- most people want certainty

Some people we deal with will have opposite worldview to us.

- can we deal with this?

"My worldview is my bubble that I live in"

- comes from experience, culture, etc

Transformation/Conversion

- step out of the bubble, to see someone else's bubble

Moving away from Classicist worldview, "doors are opened" and thus unpredictability comes in

fear

In Historicist

- focus is on goal
- nothing to ground them

Church says to know goal (why are you here?)

know, love, serve God

Problems arise for Classicists, when rules don't answer the issue at hand.

Classicist - fixed reference point

Historicist - life changes

Motivations

What motivates us to do what we do?

SD needs to know self, in order to work with directees who come to us.

God is unchanging, but our understanding of God does change.

As SD's, we need both Classicist and Historicist worldviews.

Way of looking at life ("half" could be any number of years)

1st half - understanding rules - who I am, who my family is (FIGURING OUT RULES)

2nd half - learn "how to break the rules properly (APPLYING RULES)

To deal with someone "locked in" Classicist or Historicist, it is important to know your own biases and prejudices

- "know yourself"

Need a sense of stability, balancing somewhere between extremes of Classicist and Historicist. Humans desire boundaries. We need to know the "extremes" in order to find our right paths.

Case Studies - Mary, Margie (Mary's daughter), John, Mary, Amy, Cara

notes during discussions:

Consider worldview of the directee

Ask "tell me about yourself"

Can ask "what do you mean"

As an SD, be careful not to "paint yourself into a corner"

Even if two people are both good SD candidates, it is best not to see both if they live together.

Note male and female SDs often have different viewpoints.

Final Discussion

Examen

Short readings good

Case studies good

How do we get a "real person" to open up?

Can we take notes during SD meetings? (ask the directee)

Suggest "blind" role-play

Would like more self-reflection and sharing of self (Spiritual Check-In)

Triads helpful

HOMEWORK

Read yellow Fleming articles p333 and 340

Write 3 cases (two for discussion, one for "blind role-play")