

**Saturday July 9, 2016**

## **Spiritual Direction training notes**

Our own formation is important.

**Recap of retreat** - individual comments (limited recorded responses)

*“God was able to create the universe out of nothingness, because He got no resistance from the nothingness”*

*“Start every day with an empty cup” (open mind).*

*“Listen to the whisper”*

*“(The Examen) has changed my life” (twice a day)*

*“Heart Theology” - using Grace in what I do and don’t do.*

**\*\*\*Hwk: Prayer on My Dossier (handout) - we need to know our biases, prejudices, gifts, weaknesses**

**“The Big Three”** - to be aware, to understand, and to act

Ignatian Spirituality seems to transcend many other spiritualities.

We want to help others learn to discern the spirits at work in them, so they can decide what actions to take.

We need

1) Daily prayer

2) Examen

**\*\*\*suggestion: write your own “Magnificat”**

BREAK

**Spiritual Director/Guide/Companion - difference in terminology** (ALL are “Helpers”)

Director - in formation of religious novices

- seminary (requires actual direction)

- Ok to share own experiences

Guide - listens to seeker describe their spiritual life

- looks at their “world-view”

- listen “within a framework” (Catholic Christian)

be aware every seeker not within same framework

Companion - share experiences of God and the interior life with each other

- empathy, listening

- generous in judgment

- openness and candor in conversation

- share and listen as equals

All three roles may be assumed at different times in this ministry.

Note “catechist and instructor” = not what we are about in this ministry

As a spiritual director:

*If a person wants to grow in their relationship with God, we should consider dealing with them regardless of their theological differences. The inquirer/directee must have the freedom to believe what they believe.*

**Everyone makes mistakes**

Don't be too talkative:

- don't talk too much (be silent and allow the spirit to work)
- don't talk of our own experiences
- be wary of talking politics
- don't ask too many questions
- silence is okay; don't try to fill it
- directee needs to feel they are heard, and more importantly, that God has heard them
- need to be affirming to directee

Don't be too authoritative:

- don't tell them what to do
- don't overdo affirmation to point of praising their behavior
- help directee to ask "Why is it necessary for me to be told what to do?"
- want to help directee come to trust God enough to ask and rely on Him
- be cautious with asking "why?"
  - can be threatening
  - can be challenging
  - can be authoritative

Note: there are times when being authoritative is necessary

- if they are likely to hurt themselves or someone else
- confessions of pedophilia etc.

Don't be too judgmental:

- know your biases and prejudices (dossier and Examen are helpful)
- "Anyone who knows themselves deeply cannot despise anybody" (humility)

Must not be too close to the situation

- beware of personal connections to situations and people

Fad and Fashion/Vanity

- currently "hip" to have a Spiritual Director
- note we are not measured by the number of persons who come to us.
- "Take no ego stake in this ministry"

Desolation (when client is in desolation)

- don't take client's burden onto self
- need to be able to separate self from their issues

BREAK

Case Study with Listening Page: Ross in His Sinful Time

Evil spirit comes in many different forms, including as an angel of light

Case Study: Ross "Gets" Grace and Repents

**Rules 3 and 4**

Consolation - upward stirring of the heart for pious things and things of God

Desolation - darkness of heart, movement of heart toward earthly things

Desolation is temporary.

Realize that you will not stay in Desolation if you are diligent with prayer and act rightly/persevere

### **Rule 5**

Tells us what to do, what tools we have, when we are in Desolation

Desolation is not the time to change decisions made prior to Desolation setting in.

“Change nothing”

Temptation may be to cease prayer, but this is a time to pray more.

\*\*\*HWK: Darren Goes for Deacon

+ work through packet of case studies (look at in terms of movement of spirits)

\*\*\**NOTE AUGUST WILL BE SATURDAY ONLY (August 13)*