

## **Spiritual Direction training**

### **10 September 2016 Notes**

#### **Meditations were sent by email**

Why do we need these meditations?

- to help us in considering how to deal with those who come to us
- these are ways people pray

What about those who have difficulty imagining being in that scene (because of today's modernity)?

- suggest other ways to pray
- use pictures to help (esp. those that show emotion)
- books, artwork tapes, CDs etc available for use
- meditation, contemplation: study the night before
- fantasy won't require pre-work
- modernize scene
- as a SD, avoid interpretation and catechesis
- approach as a prayer of consideration

#### **SD must pray, in order to help others with prayer**

What are some of the roadblocks to reflective prayer (incl. dossier)?

- need to be honest with self
- environment
- need to be in control

God loves me.	We try to move people
God accepts me as I am.	to an acceptance of
I am not perfect.	these facts

We need to be people of prayer, and be under direction ourselves.

God's Will can be found in the little things we do, not just in the "grandiose" actions.

#### **Control in prayer**

- we need to pay attention to "blocks" that people put in, so as to avoid going in certain directions, or to force a direction.

Need to help people talk about their prayer

- encourage them to open up about how they feel about the prayer

**Directee must be praying.** If not:

- "cannot help"
- consider image of God
- why can they not pray? (if they want to)

They must be willing

- may need help in understanding how to pray

## Spiritual Check-In

Be aware.  
Acknowledge.  
Take action (could be to resist).

Have directee reflect on development of their prayer life.

- avoid comparison between past and present
- may help them describe current prayer life

## BREAK

### Continue Spiritual Check-In

Avoid using the question “why?”

Focus needs to remain on the directee, not others around her

Remember: Spiritual Director is the Holy Spirit

#### What does a Spiritual Director talk about?

Prayer life, different ways to pray  
Relationship with God (needs healthy image of God)

#### Areas to explore with directee:

Talk to me some more about...  
Image of God?  
God is a merciful God, loves me no matter what  
Prayers, Readings, Meditations  
Experiences when praying Rosary (or whatever devotion or prayer)  
How can I help you today?

colloquy = conversational prayer

## LUNCH

### Case Study: Gloria

### Case Study: Tom & Sally

## Role Play

### Pastoral Care

- reference to other care e.g. Al-Anon
- not a part of Spiritual Direction

## BREAK

## Role Play

#### **Rule 8** (Text p. 105-106)

"Let the one who is in desolation work"

- effort is needed
- our response
- will not happen spontaneously

Patience: apply earlier rules

More prayer, meditation; much examination (Rule 6)

These things will come to an end

Action:

- diligence in prayer
- meditation
- examination
- subtle penance

Devotions can be various lengths of time and intensities

need patience, encouragement, compassion

p106 "Faithful prayer and loving service...we are to work to persist in such patience when in spiritual desolation"

#### **Rule 9** (Text p. 114-115)

God has a "motive" (saving purpose) in allowing spiritual desolation (God doesn't cause it)

**HWK: Read Gallagher ch 10 & 11**

**Look at Meditation "The Two Standards"**

**If you did not turn in a case today (Sept mtg), please write one for next mtg.**

#### **Role Play**

May need to suggest doctor, in suspicion of depression

spiritual vs. non-spiritual desolation



can create spiritual desolation