



# Spiritual Direction

Seeing Signs of God

# What is spiritual direction?

**Talk about what  
matters to you**

**Get to really know  
a God who cares**

**Know peace of  
mind, feel free**

**Find the 'more'  
you are looking for**



Spiritual direction offers you skilled company and support to help you grow in relationship with God and others. It is not new; it has been around since the First Century, with Early Christians calling on gifted and wise listeners to support them as they tried to live like Jesus. It has gone on quietly in the church since, used across the traditions—Luther and Calvin encouraged its practice—and in recent years has become more popular with all sorts of people trying to live as best they can in the ups and downs of life.

Spiritual direction provides a safe and confidential space where you will notice God in the bits and pieces of your ordinary life, notice him with you in the tough times, talk to him in a way that feels honest and meaningful. You find a way of relating to God that fits you and experience the company of the God who cares about you, who likes you, who enjoys being with you. Spiritual direction helps you to live and love more like Jesus, enjoy life better, live it to the full.



Threshold Spiritual Direction has grown out of our work in well.com. It uses well-researched psychology and healthy spirituality. Threshold directors agree to on-going training and to professional supervision. They adhere to our Standards of Care. For more info

[www.firststepwell.com](http://www.firststepwell.com)

## What happens in the first session?

A first session gives you a chance to chat about what you are looking for and to see if this particular person suits you. The sessions are confidential and last an hour. They usually follow this format:

- ◆ Short prayer
- ◆ Director says a bit about him/herself
- ◆ You say why you've come, what you want. You talk more about that
- ◆ The director helps you to hear what's important to you, to hear your own experience of life/God.
- ◆ Talking things out can bring relief or make them clearer. Being listened to in this way can be very encouraging.
- ◆ The director finishes the session and gives options for coming back.
- ◆ Short closing prayer



The director has expenses to cover—training and supervision. This first session is just an opening conversation but for any further sessions, you might want to leave a donation. The director will talk with you about this.

Life's tough. I don't know what God's doing ...

Prayer's not the same as it was. It feels dead

Others seem so certain. I feel a fraud

There has to be more to prayer and God ...

I don't know what I believe any more. I'm lost.

It's an important decision. I want to do what's best

I want to trust God

I really want to feel God's love for me.

I hand it over to God and he keeps handing it back to me

Are you tired? Worn out?  
Burned out on religion? Come to  
me. Get away with me and you'll  
recover your life. I'll show you  
how to take a real rest. Walk  
with me and work with me—  
watch how I do it.

For further info on Threshold  
direction ring 07565502662 or email  
[breigeohare@firststepwell.com](mailto:breigeohare@firststepwell.com)



Learn the unforced rhythms  
of grace. I won't lay anything  
heavy or ill-fitting on you. Keep  
company with me and you'll  
learn to live freely and lightly.

Matthew 11:28-30 The Message



First Step Centre  
114-116 York Rd  
Belfast BT15 3HF  
[www.firststepwell.com](http://www.firststepwell.com)