

## 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



Threshold Spiritual
Direction grows from our
work in well.com. Drawing
on well-researched psychology and spirituality.
Threshold directors agree
to on-going training and to
professional supervision.
They adhere to our Standards of Care. For further
information:

www.firststepwell.com

## What is spiritual direction?



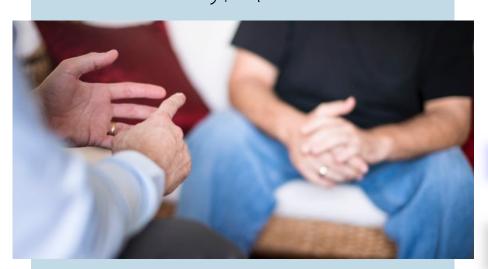
Spiritual direction offers skilled company and support to help you grow in relationship with God and others. It is not new; in the First Century, Early Christians called on gifted, wise listeners to support them as they tried to live like Jesus. Since those early days, the practice of spiritual direction has gone on quietly in the church, across the traditions—Luther and Calvin encouraged its practice. In recent years it has become 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 with encouragement to help you notice God in the bits and pieces of your ordinary life. You notice him with you in the tough times, talk to him in ways that feel honest and meaningful. You find ways to be with God that fit you; you get to know a God who cares about you, who likes you, who enjoys being with you. This also can help you to live and love more like Jesus, enjoy life better, live it to the full.

## What happens in the first session?

The first session gives you a chance to chat about what you are looking for and to see if this particular director will suit you. 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
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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



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