

A young girl in a striped dress is jumping joyfully in a water fountain. In the background, a tall, ornate clock tower with a weather vane on top stands against a blue sky with light clouds. Other people are visible in the background near the fountain. The scene is bright and sunny.

Spiritual Direction

In Step with 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 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.



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 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
direction ring 07565502662 or email
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



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