

What are some practical details about Spiritual Direction?

Seekers and their directors have a committed relationship and so punctuality and respect for each other's time is a given. Life being what it is, sometimes appointments have to be rearranged. Advance notice is always appreciated. Most sessions last for one hour.

Keeping the time frame can be challenging (the richness of our spiritual journeys overruns the cup and so we may be tempted to go on past the appointed time), but the time frame needs to be held as closely as possible. Sessions are generally scheduled every four to six weeks. If it seems there is too much that needs saying in one hour, sometimes a session every two weeks is appropriate. Some seekers might desire more frequent sessions during a period when life is especially tumultuous. For some seekers every other month works best. These arrangements can be discussed with your director during your initial conversation and adjusted as needed throughout the relationship.

The decision to enter the relationship must be done prayerfully and must be a "good fit" for both seeker and director. Some directors ask that once you have entered into the spiritual guidance relationship, you commit to it for a period of four to six months in order to give it an adequate chance to develop. Other directors ask each time, "Would you like to schedule another appointment?" The decision by either party to withdraw from the relationship is to be respected by both persons.