

Recommended Spiritual Directors

Spiritual direction is “help given by one Christian to another which enables that person to pay attention to God’s personal communication to him or her, to respond to this personally communicating God, to grow in intimacy with this God, and to live out of the consequences of the relationship.”¹

The term “spiritual director” can be misunderstood. They do not direct so much as listen, ask questions, and offer prayerful space. God is the one who guides us. A spiritual director can accompany us in seeking God’s voice and encountering His presence.

The following are some Spiritual Directors that we would recommend to you. Each have different payment structures to account for their time, but generally they range from \$50-\$100 per session.

Mark Anderson
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¹ Barry and Connolly, *The Practice of Spiritual Direction* (HarperOne; 2nd Revised ed. Edition, 2009), 8.