

Spiritual Direction

Walking alongside you in your journey with God

Spiritual Direction can deepen your faith journey with the guidance and support of someone who listens, prays and walks alongside you.

A director has the gift of being able to actively listen and offer the space and space for you to explore your relationship with God.



Those who offer this ministry are generally called Spiritual Directors, although they may alternatively be called 'Spiritual Companions', 'Soul Friends', or something similar.

Directors meet with you to hear your stories, listen to your journey of faith, help you to understand your developing relationship with God and recognise the joys and challenges of your prayer life.

Most people will meet with their director on a regular basis in a setting that is comfortable for them. This could be monthly, quarterly or at other regular intervals.

It can be a long-term relationship or for a short period of time. There are no rules about this. The meeting has a sacramental nature, for the Holy Spirit uses it as a channel of grace.

Spiritual direction is open to anyone who wishes to see more clearly how and where God is at work in their lives. It is a ministry offered by individuals on behalf of the Church.

Spiritual Directors are people for whom the call to this ministry has been recognised and affirmed and who have undergone a specific process of training and selection.

Many of them have extensive experience of spiritual direction and all of them are supervised in this work.

Want to explore spiritual direction? Get in touch

If you would like to explore the possibility of spiritual direction for yourself, or if you feel you have a vocation to offer, please contact any of the Spiritual Director Supervisors in the diocese:

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