

## **Spiritual Direction – Companions on the Way**

Many Christians recognise how helpful to their own spiritual development it can be to have someone alongside them in their pilgrimage, who has the gift of being able to listen creatively to others and who offers space and prayer for them to explore their 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 regularly with individuals to hear their stories, share their journey of faith, help them to understand their developing relationship with God and the joys and challenges of their prayer life. Most people will meet with their Director on a regular basis. 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.

Spiritual direction is a ministry offered by individuals on behalf of the Church. In the Diocese of Lincoln, the network of directors is called 'Companions on the Way'.

The 'Companions on the Way' network is made up of people, lay and ordained, who offer spiritual direction in the diocese. They are people for whom this calling to this ministry has been recognised and affirmed and who have undergone a process of training and selection. Many of them have extensive experience of spiritual direction and all of them are supervised in this work.

If you would like to explore the possibility of spiritual direction for yourself, or if you feel that you have a vocation to offer spiritual direction and would like to explore this further, please contact any of the spiritual direction co-ordinators for the diocese.