

Steps to Choose a Spiritual Director

Take a moment to pause in silence.

Rest your mind.

Perhaps close your eyes if you are comfortable to do so or focus on something beautiful or spiritual in the room.

Let your mind rest in what is called a contemplative silence.

I open my ears to hear these words.

“For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.”

Jeremiah 29:11

Step One

Selecting spiritual director(s) to interview.

What questions are coming to mind for me about choosing someone to be my spiritual director?

- I want someone I can trust. How will I know?
- What is bringing me to spiritual direction at this time in my life? Is there a director who can relate to me in this area of my life?
- Would I like to meet with a male or a female or either?
- Do I want an ordained, a religious, a lay person?
- What time of day would be best for me to meet.

I am mindful of more thoughts and questions coming up for me now.

I write them down as they come up.

Asking God to help me and to lead me, I read through the list of spiritual directors.

I select those who I feel I would like to interview.

Step 2

Making Contact

I make an initial contact with the people either by sending them an email or by giving them a phone call in which I introduce myself and ask them if they would be open to an interview by myself with the possibility of becoming my spiritual director. I set up a time with them in the near future so that both of us can be prepared to be in a quiet, spiritual space during the informal interview.

The interview can take place as we decide. In person, at a coffee shop or the church, even on the phone if we have to. A spiritual director will have questions for me as well.

Step 3

Preparing for the Interview

Take time again for a moment of silent reflection; so important when we are in a discerning process.

I close my eyes or focus on something spiritual near me.
I breathe.

What questions would I want to ask each person I interview to become my spiritual director?

- What is your personal experience tending your own prayer, meditation and contemplative life?
- What is your approach to directing like?
- I want to clarify the relationship we will have.
The number of times we will meet.
When will we meet?
Skype, phone?
Do you charge fees?
What will we discuss during our sessions?

I am mindful of more thoughts and questions coming up for me now. I write them down as they come up.

Step 4 The Interview

During and after the interview I notice my reaction to the answers given by the one I interview. This is key to my discerning process.

Step 5 Choose a director

Find a comfortable position.
I close my eyes or focus on something spiritual close to me.
I open my ears to hear these words.

“I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power.”
Ephesians 1:17-19

I listen in my prayers and in my heart.
St. Ignatius says “When the student appears, the teacher comes”.

I choose a director.

I call him or her to make my first appointment.

Blessings to you in your search.