

# make\_space

direction for spirit & life

## WHAT TO EXPECT IN SPIRITUAL DIRECTION

**SPIRITUAL DIRECTION:** What exactly IS Spiritual Direction? Spiritual Direction is a relational journey toward a greater awareness and growth of your lived experience in connection with God. Some have used the imagery of 3 chairs where the Director, Directee, and God sit together in conversation about God's activity and desires in the life of the Directee. Spiritual Direction is an ancient practice which acknowledges that God is at work around us regardless of our level of awareness of that work. Becoming more aware and open to that work is the goal of Spiritual Direction. This isn't counseling or therapy. Direction is aimed at walking through the spiritual encounters of life, finding the intersections and themes of God's presence in your life, and pushing through the obstacles toward greater freedom in spirit. A Spiritual Direction relationship involves the Director as companion asking a lot of questions and the Directee being willing to do the work, both in and between sessions.

Spiritual Direction is about making space in life so that we might hear God more clearly. Too often our lives and our schedules are filled with so much activity that we can barely find time to breathe, let alone truly care for our souls. If you are searching for more in your faith journey but feel stuck where you are, please know that you are not alone in this. Perhaps you feel ragged and tired of the race while seeking peace in the midst of chaos. Know that you are not alone. Maybe you have hit a dry stage of life like a parched traveler in the desert. You aren't the only one. Whether you find yourself in a place of spiritual exhaustion, lonely wandering, or a crisis of faith, you are not alone.

Make\_Space is about creating the places and spaces in our daily lives to breathe, care for our souls, be revived in our spirits, and to hear more clearly from God in the midst of life. Sometimes we need permission to do so, and sometimes we need a gentle reminder to return to these practices which have been edged out in the midst of busy life. Either way the call is to pause and make\_space in the present.

I meet with individuals one-on-one at my office. Most sessions are monthly and last one hour, unless you find yourself in a season of discernment which might require meeting more often for a season of your life. We begin with a time of centering and silence to create a separation from the world outside. The rest of our time is conversation. I will not direct the content (you get to talk about whatever is on your heart), but I will help direct the conversation with questions, insights, and encouragement as the Spirit leads. This is a different kind of conversation with a lot of space for silence or reflection focused on you and your life with God.

**COMMITMENTS and UNDERSTANDINGS:** My hope is that you feel a freedom to be completely honest in our time together—not saying the things you feel like you “should” feel or think or do, but speaking as accurately as you feel about your experiences of life and faith. People come in all sorts of states and seasons of the soul—I enjoy journeying with people through any of these, because I know God wants to meet you wherever you are. God invites all of your questions, concerns, and emotions, and I am happy to be present as any of these come up in Spiritual Direction.

I commit to being present to you, to the present work of God's Spirit in your life, and to what is on your heart. I take this role in your life very seriously and I work hard to be rested, prayerful, and spiritually aligned personally. This means that I invest in my own life with Jesus, including seeing a Spiritual Director myself, enjoying life in community, and having mentors and other Spiritual Directors who I lean on and learn from regularly. I am not a counselor; my work is pastoral as a Spiritual Director. I would ask you to commit to being present fully in heart, soul, mind, and body. I would ask for your honesty about how you see God, your life, yourself, and others, and to be open to the leading of God's Spirit. From time to time I may introduce you to Spiritual Practices and ideas that you are not used to. Just as you commit to this process, I also commit to companionship in your spiritual connection with God. All sessions are confidential, although please note that I am a mandated reporter which means that if something comes up that requires me to notify authorities, I will do so without hesitation.

**LOGISTICAL DETAILS:** We will schedule our once per month appointments before you leave each session. If you have to cancel for any reason, please honor my 24 hour cancellation policy so that others might fill your appointment. If you do not honor that cancellation policy you will be charged a \$25 fee.

I do my billing through **Venmo**, which is operated by 'Paypal' and is easy to use fee-free online or with a phone app, and **my cost is \$50 per one hour session**. I will send you a reminder one day prior to our appointment with a Venmo “invoice” at that time. You may also bring cash to your appointment.

If we are meeting in person, please arrive on time (or a few minutes early) so you can enjoy the full hour you are scheduled for. If we are meeting digitally through Skype/Facetime or by phone, please consider a space to meet ahead of time that is free from distraction and worry. For Skype/Facetime sessions, please be sure to give me your best contact information, and I will initiate the call to begin our session.

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