

Spiritual Direction in Church History

Scripture tells of mature leaders guiding younger believers - like Elijah and Elisha, Elizabeth and Mary, Paul and Timothy.

Jesus especially modeled the practice of investing time with His disciples to help them live out God's love in daily life.

Early Christian Abbas and Ammas withdrew to the desert to hear God. Later, others sought their wisdom to enhance their own spirituality.

The formation of priests and religious (men and women) has long included spiritual direction.

Recently, lay Christians increasingly seek spiritual guides or companions to enrich their prayer lives and deepen their walk with God.

If you have questions about this ministry offered at our parish, please call the parish office number (210-688-9033) and one of the spiritual directors in the parish will call you.

Spiritual Direction



St Anthony Mary Claret
Roman Catholic Church

In the midst of a busy life, many people find it difficult to notice God's action in their daily affairs. Yet at the deepest level, all of us long for a more conscious experience of God's presence and love. Are you wondering how God is working in your life? Or maybe you attended an ACTS retreat in the past and aren't sure how to keep growing spiritually...Spiritual Direction may be what you are seeking!

Spiritual direction provides a place to notice, reflect and discover where God is present and active in our daily lives. It is about responding to God's invitation to draw closer in relationship and learn to be attentive to God's presence and action in life, and ultimately to make choices based on that awareness. The real spiritual director is the Holy Spirit!

What is the value of Spiritual Direction?

Spiritual direction can help you listen for God's voice, grow in knowing God and yourself, be aware of God's presence in all aspects of daily life, deepen your prayer life and communion with God, clarify your vocation and discern how to live it out, and advance the Church's mission through the common good, which is prayer.

When is Spiritual Direction recommended?

It is recommended to seek spiritual direction if you are experiencing a new sense of God in your life, or if you are making an important decision or discerning God's call to something. If you feel distant from God, or desire to deepen your relationship with God, or if you feel stuck in your life or

are facing a life transition--these are all opportunities to seek spiritual direction!

How often does Spiritual Direction occur?

Most common is a monthly appointment for 45 minutes to one hour. The director and the directee agree on a convenient location and time for meeting.

How do I find a Spiritual Director?

You can ask our pastor, call the office at 210-688-9033 or contact one of the Spiritual Directors in our parish listed at the parish's website at <http://samcsa.com/faith-formation/spiritual-direction/>

All spiritual directors at St Anthony Mary Claret have had years of extensive training and formation in the art of spiritual direction. Please contact us if you have questions about this ancient ministry.



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