

With each of us
Dwells the desire to find
meaning
Beyond the moment...
To discover our true selves...
To grow *closer* to God
And to each other.
A spiritual director can help
you *Satisfy* that longing.



Spiritual Direction

CONTACT US

Nazareth Retreat Center
1814 Egyptian Way
Grand Prairie, TX 75050
Email: info@nazarethretreats.org
Phone: (469) 233-5547
Website: www.nazarethretreats.org
Suggested donation for spiritual direction: \$25



Nazareth Retreat Center



*Sisters of the Holy Family of
Nazareth*

If you long for a closer relationship with God, yourself and others, if you seek a more conscious experience of God's presence in your life, maybe it is time to consider Spiritual Direction...



Christian spiritual direction is help given by one Christian to another which enables a person to pay attention to God's personal communication to him or her, to respond and grow in intimacy with God, and live out of the consequences of their relationship. The focus is on the person's experience of God, returning 'home' in the midst of divine love

— William Barry, S.J., William Connolly, S.J.,
"The Practice of Spiritual Direction"



What is Spiritual Direction?

- Spiritual direction or spiritual companionship exists in all the major religions of the world. In spiritual direction you have an opportunity to slow down and take time to reflect on your experience of life, God's action and grace in your daily routines and discover or re-discover "the more". Spiritual direction helps us explore the spiritual aspect of being human.
- Spiritual direction or spiritual companionship is not about fixing things or doing something perfectly, because it is not about accomplishing the task. It is about allowing things to be as they are, resting in awareness, and then, taking appropriate action when called for. **Silence, deep listening**, and non-doing are **contemplative practices** often explored in spiritual direction as a way to deepen relationship with yourself, the Creator, other people and all creation with compassion and peace.

Gifts of Spiritual Direction

There are many benefits from Spiritual Direction. Some may include helping you...

- Identify your longings
- Notice God's presence and action in your life
- Integrate spirituality in daily life
- Discern your choices
- Identify your struggles
- Share your hopes, joys and losses
- Allow yourself to express grief
- Develop sensitivity for deeper peace and justice issues in our world
- Walk with deeper integrity and spiritual awareness



God is always a surprise. You never know where and how you will find him. You are not setting the time and place of the encounter with him. You must, therefore, discern the encounter.

— Pope Francis