

SPIRITUAL DIRECTOR

Barbara McGrattan

What is spiritual direction?

Spiritual direction is a process by which one becomes increasingly aware of the action of the Holy Spirit in one's life. With the aid of a Director, better known as a traveling companion in one's spiritual life, a person can recognize the call of the Lord to a more intimate relationship and how one is to proceed in responding to that call. One more clearly identifies those dynamics and activities that tend to separate one from God, others and oneself, and to work on improving those relationships.

A Director is not a "guru" handing out wisdom and knowledge. Rather, a Director acknowledges the ongoing dialogue between God and the one being directed, the Directee, and with objectivity assists the Directee in discerning the movement of the Spirit in his or her life. Thus the directee needs to be candid and frank with one's director and should feel comfortable, open and at ease in this relationship.

A director knows the history and various practices of prayer and spirituality that come from the Scriptures and the traditions of Christian experience, has training and experience in spiritual direction and goes to personal direction to another on a regular basis. The Directee usually meets regularly once a month with a director for a one-hour session.

Barbara McGrattan, with twenty years of experience in spiritual direction, has certification as a Director from Spring Hill College in Mobile AL and she directs people in the Spiritual Exercises of St Ignatius Loyola, the founder of the Jesuits. The Spiritual Exercises is a classical instance of what happens when God enters into the life of a human person. One prays about the revelation God wants to give us and helps us to be open to receive that revelation.

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