

## **Spiritual Direction Agreement**

Spiritual direction is a time-honored tradition of the Catholic Church in which a person listens and responds to God's invitation to draw closer in relationship with Him. The spiritual director is educated and experienced in the ways God may be moving, directly or indirectly, in a person's life. In this faith-based process, the spiritual director helps the directee develop a greater awareness of God's personal communication, grow closer to God and live God's desire for his/her life, through prayer, discernment, and action. The spiritual director walks as a companion with the directee on God's path, by offering holy listening skills and spiritual support.

### **Our Relationship**

The relationship between the spiritual director and directee is one of honesty and openness. Open discussion is encouraged. If either person feels constrained in this regard, there should be the freedom to discuss and resolve any concerns, and, if indicated, terminate the relationship. There may be times when psychological, relational, or other personal issues surface. In such cases, the directee may be referred to an appropriate professional. Spiritual direction is neither psychotherapy nor pastoral counseling that aim to solve specific problems.

### **Confidentiality**

Spiritual direction is treated with confidentiality. The time together is sacred. The spiritual director cannot divulge the content of a session without the expressed consent of the directee. However, the directee is not bound by confidentiality and may share the content with anyone.

As Church Personnel, the spiritual director is a Mandated Reporter and is obliged to report suspected child abuse, elder abuse, or the abuse of a dependent adult to the proper authorities.

### **Responsibilities**

The directee is responsible for attending sessions at the time and date scheduled and for giving the spiritual director as much notice as possible if an appointment needs to be cancelled. The spiritual director has the same responsibility. Sessions are usually scheduled monthly and last for one hour. The directee is encouraged to prayerfully prepare for each session, so that each session is used to the fullest advantage. The spiritual director supports the directee not only during the sessions, but through daily prayer. Spiritual direction is a ministry of the Church, where payment, stipends or other contributions for spiritual direction are not required nor accepted.

The directee has the freedom to discontinue spiritual direction at any time, but as a matter of courtesy, the directee is encouraged to discuss this with the spiritual director before withdrawing.

\_\_\_\_\_ Date: \_\_\_\_\_  
Signature of Spiritual Directee

Print Name: \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_  
Signature of Spiritual Director

Print Name: \_\_\_\_\_

