**“Seeking Spiritual Direction: What is it and How would it help me?”**

**by Jennifer Settle**

**Talk Description:** Sometimes we need help to understand the movement of the Lord in our lives. How is He speaking to me? How can I grow in relationship with Him? Why is my prayer life so dry? Spiritual Direction is meant to be a way for a person to become more aware of the movement of the Lord in her or her life and to grow in intimacy with the Lord. Join spiritual director, Jennifer Settle, as she offers an understanding of what spiritional direction is and how it is meant to help you in your relationship with the Lord.

**Resources:**

* Spiritual Direction: A Guide to Sharing the Father’s Love – Fr. Thomas Acklin and Fr. Boniface Hicks, OSB
* Seeking Spiritual Direction: How to Grow the Divine Life Within – Fr. Thomas Dubay, S.M.

**Call to Action:**

* Examination of Desire:
  + Do I desire to grow in my relationship with the Lord?
  + Do I desire to have help in that growth?
  + Do I desire to be open to the Holy Spirit’s movement in my life of prayer?
  + Do I desire to grow in holiness?
  + Do I desire to share these desires with the Lord? Have I done that?
* Seeking Spiritual Direction:
  + Could I identify anyone I know who has the qualities outlined in this talk?
  + Could I speak with them about my desire to grow in my relationship with the Lord?
  + Could I speak with them about discerning a spiritual director/directee relationship?