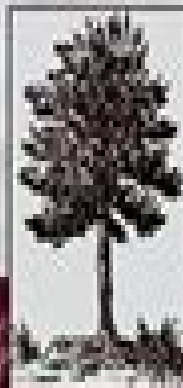


Seeking  
*Spiritual*  
Direction



HOW TO GROW  
THE DIVINE LIFE WITHIN

Thomas Dubay, SM

# Seeking Spiritual Direction How To Grow The Divine Life Within

**Aaron Kheriaty, John Cihak**



## **Seeking Spiritual Direction How To Grow The Divine Life Within:**

Seeking Spiritual Direction Thomas Dubay, 1993 A guide for Christians who are considering spiritual direction or who are already engaged in the process It explains what spiritual direction is the qualities to look for in a director the process of finding a director and ways to develop a deeper prayer life When Leadership and Spiritual Direction Meet Gil W.

Stafford, 2014-06-11 Modern church leaders need to cultivate innovative and creative leadership skills as they navigate today's post Christian world and as their congregations look to them for insight and guidance Gil Stafford takes a fresh look at this vital need drawing upon his experience as a college coach university president and parish priest and interweaving them with ancient spiritual practices found within the discipline of spiritual direction Personal anecdotes help the reader envision their own life transforming pilgrimage as they develop into the type of adaptive leader that churches need in today's rapidly changing world This book challenges church leaders to foster sacred safe space holy listening silence and wisdom

storytelling in order to create a discerning church community These techniques of spiritual direction can be applied to every aspect of the church from small group studies to conducting parish business Gradually the leader will be able to delegate some of his responsibilities to the congregation liberating them to be leaders and rescuing him from trying to be all things to all people *The Spiritual Leader's Guide to Self-Care* Rochelle Melander, Harold Eppley, 2002-02-01 As spiritual guides

clergy and lay leaders alike often find themselves in need of direction about how to make changes in their personal life and ministry Rarely however do they find a book that presents self care as an integral part of being a spiritual leaders The Spiritual Leader's Guide to Self Care gives readers the tools to discern God's intention for their lives and to be faithful to that vision through proper self care Arranged in 52 chapters one for each week of the year the guide addresses seven themes Creating a Life Vision Caring for Yourself at Work Nurturing Your Relationships Caring for Your Spirit and Body Caring for Your Finances Caring for Your Intellect and Sustaining a Life Vision Included are journal writing suggestions personal reflection questions and activities guidance for sharing the discovery process with another person an activity for the coming week and suggested further resources such as novels videos and Web sites *Cultivating a Contemplative Heart and*

*Becoming a Person of Prayer* Mary Beth Kremksi, 2025-08-25 Contemplative prayer is primarily about love the love which is God himself Intimate communion with God is the deepest desire of every human heart It's the key to holiness and happiness to peace and purpose But it's purely a gift We can't make it happen We can however dispose our hearts to receive it through God's grace *Cultivating a Contemplative Heart and Becoming a Person of Prayer* challenges laypeople to pursue the heights of holiness and the depths of contemplative spirituality no less than any clergy or consecrated religious This book explores the various qualities of a contemplative heart and how to nurture them Through this book you will Learn to love truth and treasure God's will Be helped to hear God's voice and come to appreciate the vital function of a contemplative in the Body of Christ Understand why prayer is so powerful Witness the unexpected victory found in surrender By cultivating a

contemplative heart a heart in love with Jesus Christ you can experience a deep interior life filled with an ever growing awareness of the presence of God

**Handbook for Spiritual Directees** Philip St. Romain, 2010-10-28 Handbook for Spiritual Directees is a collection of spiritual exercises that can be used by directees to stimulate reflection and discussion in spiritual direction Spiritual directors will also find it a helpful resource in their ministry of supporting and guiding directees Of course anyone interested in spiritual growth can also make good use of this material even if they are not in a formal spiritual direction relationship from back cover

How Then Shall We Guide? Jimmy Boon-Chai Tan, 2023-05-25 There has been a marked increase of interest in the art of spiritual direction in recent decades Yet in many circles especially in ecumenical and interfaith contexts it is unclear what grounds the practice of this ancient art As a tradition's practice of spiritual direction expresses its particular theology which in turn is shaped by its unique history this work explains that ecumenical spiritual direction must make and retain the tri perspective of history theology and method that faithfully reflects each tradition's distinctives as requisite for true ecumenical enrichment The importance of this trinocular vision is brought into sharp focus through a comparative study of Ignatius of Loyola and John Calvin where points of continuity and discontinuity between the Ignatian and Reformed traditions underscore the importance of this work's thesis

**Discovering the Art of Soul Friending** Carolyn Gratton, 2019-04-09 This friendly accessible book is about the age old hunger in human hearts to open and deepen and grow towards faithful intimacy with the Source of all that is This spiritual journey is radically personal but it is not meant to be entirely solitary It can be supported at crucial times by friendship with someone who has learned how to listen through a life of prayer for the guidance of God's Spirit in their own soul and in the soul of another Long ago in Celtic Christian Ireland such a person was called an anam cara a soul friend Every soul from time to time on its mysterious trek towards union with God needs a human friend for encouragement on the way In Discovering the Art of Soul Friending Carolyn Gratton invites us to say yes to the ability to share with another and to disclose something of oneself on each seeker's journey towards union with God Enriched by a lifetime of insights gained from educating groups around the world she guides aspiring spiritual companions to a discernment of their own level of spiritual maturity sensitivity in the art of spiritual guidance and to a seeker's desires the soil from which their truest love can spring a commitment to prayer and the transformation of consciousness it makes possible rootedness in their own faith tradition and throughout life an openness to the expanded perceptions possible in our multicultural world Carolyn completes each chapter with what she calls a Book Providence section an annotated bibliography of resources that can expand the discernment skills and contextual awareness of potential soul friends

**Short Term Spiritual Guidance** Duane R. Bidwell, This book represents a significant departure from most contemporary writing about spiritual direction While most writers focus on long term relationships of guidance specifically envisioning long listening sessions Bidwell changes focus Spiritual direction he insists typically requires intervention in a specific crisis or situation or question is not formal lasts fewer than five sessions and must be actively and

intentionally focused on the person's growth Bidwell's work shows what spiritual directors can learn from the short term therapy model especially about enabling people briefly but effectively to learn to listen on their own and with others for God's presence Focusing on how God is already active in the directee's life allows the participants to identify God's action and respond in ways that collaborate with that identified movement of the Spirit

**Meditation as Spiritual Therapy** Matthew McWhorter, Matthew R. McWhorter, 2024 Christian persons today might seek spiritual development and ponder the benefit of mindfulness exercises but also maintain concerns if they perceive such exercises to originate from other religious traditions Such persons may not be aware of a long tradition of meditation practice in Christianity that promotes personal growth This spiritual tradition receives a careful formulation by Christian monastic authors in the twelfth century One such teaching on meditation is found in the treatise *De consideratione* written by St Bernard of Clairvaux d 1153 to Pope Eugene III d 1153 In textual passages where St Bernard exhibits a clear concern for the mental health of the Pope due to numerous ongoing ecclesial political and military problems St Bernard reminds Eugene III of his original monastic vocation and the meditation exercises associated with that vocation The advice that St Bernard gives to Eugene III can be received today in a way that provides a structure for Christian meditation practice which is relevant for personal development spiritual direction and civil psychotherapy that integrates a client's spirituality into the course of treatment St Bernard thus might be interpreted as a teacher of a kind of Christian mindfulness that can benefit both a person's mental health as well as a person's relationship with God Meditation as Spiritual Therapy examines the historical context of Bernard's work his purpose for writing it as well as the numerous Christian sources he drew upon to formulate his teaching Bernard's teaching on the course of meditation itself is explored in depth and in dialogue with his other treatises letters and sermons Lastly a contemporary summary of Bernard's teaching is provided with reflections concerning the relationship of this teaching to contemporary spiritual direction and spiritually integrated civil psychotherapy

*The Catholic Guide to Depression* Aaron Kheriaty, John Cihak, 2012-10-25 Countless Christians including scores of saints have suffered profound pervasive sorrow that modern psychiatrists call depression Then as now great faith and even fervent spiritual practices have generally failed to ease this wearying desolation of soul In these pages Catholic psychiatrist Aaron Kheriaty reviews the effective ways that have recently been devised to deal with this grave and sometimes deadly affliction ways that are not only consistent with the teachings of the Church but even rooted in many of those teachings Extensive clinical experience treating patients with depression has shown Dr Kheriaty that the confessional can't cure neuroses nor can the couch forgive sin Healing comes only when we integrate the legitimate discoveries of modern psychology and pharmacology with spiritual direction and the Sacraments giving particular attention to the wisdom of the Church Fathers and the saints Here with the expert help of Dr Kheriaty you'll learn how to distinguish depression from similar-looking but fundamentally different mental states such as guilt sloth the darkness of sin and the sublime desolation called dark night of the soul that is in fact a privileged spiritual trial sent to good

souls as a special gift from God You ll come to know how to identify the various types of depression and come to understand the interplay of their often manifold causes biological psychological behavioral cultural and yes moral Then you ll learn about exciting breakthroughs in pharmacological and other medical treatments the benefits and limitations of psychotherapy the critical place that spiritual direction must have in your healing and the vital role that hope Christian hope can play in driving out depression

*Theology in Practice* Roch Kereszty, Denis Farkasfalvy, 2023-04-10 What is theology It is nothing more or less than the study of God All who pray are in a sense theologians All who believe in Christ are called not only to sanctity but to theology Be transformed by the renewal of your mind Rom 12 2 Yet the field of theology as taught in universities can sometimes look like a distant abstraction reserved for an intellectual elite This cannot be not the case To prove it Cistercian Fathers Roch Kereszty and Denis Farkasfalvy of the University of Dallas both veteran spiritual directors bring us *Theology in Practice* A Beginner s Guide to the Spiritual Life Guiding readers from the first inklings of God s presence to the fire of married love to the miracle of the Eucharist and even to the hour of death this book completes the circuit between theological study and human experience Never before has the Church believed as strongly as she does today that spirituality must like leaven penetrate and transform the ordinary average walks of life It ought not be limited to those who withdraw from the world This unique work written by two longtime friends and brothers in religious life draws on the riches of the Cistercian founder Saint Bernard of Clairvaux and with him the whole tradition of the Church Fathers to communicate Christ s peace to hearts and minds

*Catching Fire, Becoming Flame* Fr. Albert Haase, OFM, 2013-04-01 Ever wonder how some people become enthusiastic and on fire about their relationship with God In thirty three short chapters Albert Haase gives you the tools and kindling to prepare for the spark of God in your life and then shows you how to fan it into flame until you are set ablaze This book glows with time tested wisdom as an experienced spiritual director shares the secrets of the saints Feel cold Or maybe just smoldering With supplemental reading suggestions and reflection questions this eminently practical book functions like a personal spiritual retreat

**The Living Church** ,1947      **How Can You Still Be Catholic?**

Christopher Sparks, Christopher Sparks asked Facebook friends to finish the question How can you still be Catholic when The replies came swiftly and forcefully With that Sparks went to work Here is the result In this book he addresses the biggest issues people grapple with when they think about the Catholic Church the Inquisition the Crusades the Church s role in a state homosexuality the role of women in the Church and many others For skeptics and non Catholics this book is an invitation to understanding the faith a way for outsiders to hear one contemporary Catholic s worldview and to see through Catholic eyes even if they remain unconvinced For Catholics this book is an introduction to an array of answers and resources for delving more deeply into and defending the faith

**Single for a Greater Purpose** Luanne Zurlo, 2019-11-19 In these fascinating pages author Luanne Zurlo shows that contrary to popular opinion single life is often a holy joyful vocation lived out sometimes in a hidden way by souls who have had an authentic encounter with Christ

**Spiritual**

**Direction in Context** Nick Wagner, 2006-03-01 God created us to be lovers writes Nick Wagner in his introduction to *Spiritual Direction in Context* When we love we are in right relationship We are acting for justice The ministry of every spiritual director in any context is to serve as a guide into the depths of that love relationship Here in this provocative collection of essays respected leaders in the field of spiritual direction explore the myriad of contexts in which this relationship takes place and offers practical ways to respond to them As the popularity of spiritual direction grows directors are facing situations that monks and nuns for centuries the exclusive practitioners of this profession never had to face The essays in this book drawn from *Presence* the journal of Spiritual Directors International look deeply at spiritual direction in a number of contexts including the workplace with the aging in hospitals with women's groups with youth with the homeless and with those in mourning *Spiritual Direction in Context* is the third in the SDI series

**The Collected Works of Witness Lee, 1993, volume 2** Witness Lee, 2021-05-28 The *Collected Works of Witness Lee 1993 volume 2* contains messages given by Brother Witness Lee from May 28 through December 17 1993 During the first eight months of 1993 Brother Lee was in Anaheim California At the beginning of September he visited Seattle Washington for one week after which he returned to Anaheim and remained there until the end of the year The contents of this volume are divided into nine sections as follows

- 1 Seven messages given in Anaheim California on May 28 through 30 These messages were previously published along with the speaking of forty six brothers from throughout Southern California in a book entitled 1993 Blending Conference Messages concerning the Lord's Recovery and Our Present Need and are included in this volume under the same title Only the outlines of the conference and the portions spoken by Brother Lee are included in *The Collected Works of Witness Lee*
- 2 A message given in Anaheim California on May 28 This message is included in this volume as chapter 1 of the previous section entitled 1993 Blending Conference Messages concerning the Lord's Recovery and Our Present Need Portions of this message were combined with other various writings by Brother Lee concerning the Triune God and the compilation was previously published in a book entitled *The Crucial Points of the Major Items of the Lord's Recovery Today* The contents of this book are included in this volume under the same title
- 3 A message given in Anaheim California on July 3 This message was divided into two chapters and is included in this volume under the title *Remaining in Life and Keeping the One Accord*
- 4 Four messages given in Anaheim California on August 13 through 15 These messages were previously published in a book entitled *The Problems Causing the Turmoils in the Church Life* and are included in this volume under the same title
- 5 Fifteen messages given in Anaheim California on August 28 through December 17 These messages were previously published in a fourteen chapter book entitled *The Spirit with Our Spirit* and are included in this volume under the same title
- 6 Fourteen messages given in Anaheim California on September 1 through December 15 These messages were previously published in a thirteen chapter book entitled *The Training and the Practice of the Vital Groups* and are included in this volume under the same title
- 7 Six messages given in Seattle Washington on September 3 through 6 These messages

were previously published in a book entitled The Organic Union in God's Relationship with Man and are included in this volume under the same title 8 A message given in Seattle Washington on September 6 This message is included in this volume under the title Knowing and Experiencing the Organic Union in God's Relationship with Man 9 Six messages given in Anaheim California on November 25 through 28 These messages were previously published in a seven chapter book entitled The Issue of the Dispensing of the Processed Trinity and the Transmitting of the Transcending Christ and are included in this volume under the same title

**Seeking God** Trevor Hudson, 2023-02-06 Jesus promised Seek and you will find Do you long for a transforming encounter with the living God Jesus assures us that those willing to become seekers will find what their hearts most deeply desire The promise is clear Those who seek God consistently faithfully and passionately will not be disappointed They will find God and all those good things that accompany God's Kingdom Profoundly influenced by his long friendship with Dallas Willard and his experience guiding people through the Spiritual Exercises of St Ignatius for the last thirty years Trevor Hudson offers you a practical tool kit for your seeking journey You search for God does not have to take you to a remote mountain top as God wants to meet us right where we are in our everyday lives Reading the wisdom contained within the pages of Seeking God will help you to move beyond insight and knowledge and encounter the presence of the living God as a reality in your daily life

God's Divine Intervention Angela Clark, 2018-11-15 Events occur in your life where God permits you to hear and receive messages he wants you to act on In God's Divine Intervention author Angela Clark tells of her personal experiences of how God has come to her in her life and she shares a variety of messages she's received Clark narrates how amazing it is that God works to interact in your life and discusses how all that's required is quiet time spent with him patiently awaiting his presence Through scripture and messages Clark celebrates the grace of God She offers a look at a host of topics relevant to today's Christians covering subjects such as choosing friends wisely how to pray giving thanks for blessings faith God's presence in healing and much more To help you grow in your journey with Christ God's Divine Intervention offers comfort and peace through the stories God asked Clark to portray It provides you with insight to analyze your struggles as well as overcome difficult challenges The messages offered open your heart and mind to understand when God reaches out to intervene during your storms of life

**About - 2012 & Beyond** White Eagle, 2010-12-31 Have You wondered What will really occur on December 21 2012 Have You wondered Why the Mayan Calendar Stops on that Date Would You like to know what You can do Now to save All Life here on Mother Earth Share in the means and experiences that a practicing Medicine Man takes to solve these very questions that is described and illustrated in detail within this very book Within the pages and chapters of this book not only does White Eagle provide detailed descriptions of what he experienced and saw he even includes photos so that you can examine them and make your own conclusions



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