



The Ministry of Spiritual Direction

What is spiritual direction?

- Spiritual direction is a place set apart from the busyness of life for deep, holy listening. It is also a time for you to talk freely; to help you notice and embrace your spiritual journey~God’s “fingerprints” and movement in your life.
- Relying on God as the “real” Director, this ministry focuses on listening and discernment by both you and your director. Spiritual direction is about growth in your relationship with God, rather than solving problems, although problems may be resolved in the process.

Who would want to meet with a spiritual director?

- You desire to recognize and respond to God’s voice.
- You seek to become more faithful in your spiritual practices, or thirst for new ways to experience the Holy.
- You have hit a spiritual plateau or long for deeper spiritual connection and intimacy with God.
- You hunger for spiritual discernment in decision making.



What can you expect in a spiritual director?

- A companion who walks alongside you on your spiritual journey. Partnering with the Holy Spirit, your director will listen, ask questions, suggest resources, pray, and watch for signs of new life.
- Confidentiality. It’s a safe place to talk, explore, question, heal and grow.

Is there a fee for meeting with a spiritual director?

- Spiritual directors welcome a fee for their time and will negotiate the price based on your ability to pay.
- In Nebraska fees typically range from \$30 to \$60 per hour session.



For more information please contact:

Vicki Buras: vickiburas@gmail.com 402.740.2824