



REGNUM CHRISTI
CONSECRATED WOMEN

SPIRITUAL DIRECTION

Thank you for looking into spiritual direction. As you know, it is a gift and a journey to walk closely with the Holy Spirit through the spiritual direction journey! I hope this introductory letter helps you to know what to expect, how to prepare, and sign up.

What is spiritual direction?

Spiritual direction is a relationship where two people have a conversation with the Holy Spirit to seek out God's will for a person's life. Both people are listening to the Holy Spirit to recognize how he is at work in your life. The goal of spiritual direction is to help you to grow in your relationship with God and to help you respond to his call to holiness. The first 2 or 3 sessions are on a trial basis during which either of us may freely decide whether or not to commit to regular spiritual direction.

Spiritual Direction in the Regnum Christi Spirituality It is helpful to note that you are seeking spiritual direction from a Consecrated woman in Regnum Christi. My spirituality is very much a part of spiritual direction in as much as Franciscan or Carmelite lives according to their spirituality. We will speak more about this in our first session. In the meantime, please visit our national and local websites.

What spiritual direction is not?

It is not counseling. If you are struggling with emotional pain and negative patterns of behavior in your life, dealing with depression or mood disorders, anxiety, addictions, or other diagnosable conditions, psychotherapy is your best option. Do you need advice sorting out your life and your relationships? Counseling would be the way to go. Want to maximize your God-given gifts and potential to be the best you that you can be? Coaching would be a good choice for you. Are you trying to grow in your relationship with God and discern the movement of the Holy Spirit in your life? Then spiritual direction is what you should pursue.

What is the frequency and time that we meet?

Spiritual direction must be regular in order to help reap the fruits of the Spirit in your life. We will meet monthly to start out. A regular session lasts 45 minutes – 1 hour, but no more than an hour.

Should I talk about in spiritual direction?

At times in spiritual direction, we will discern a particular situation. It does not exclude discussing circumstantial events in order to address a problem, but we try to be attentive to the hidden and connected ways that God is working. Recommended topics include – challenges and progress in prayer, living virtue in your state of life, difficulties or failures in the moral life, quality of key relationships or responsibilities in your state of life. You don't have to talk about all of these in one session, but they are a good guide.

Is there a cost?

There is no cost for spiritual direction, however, there is a tradition in the Church to provide stipends for a service or ministry received. The stipend is a voluntary donation given to support my mission and can be used to support community needs. Nothing received is kept for personal use. While there is no obligation, a free-will offering is always gratefully accepted. It may be given in cash, online <https://cwhouston.churchcenter.com/giving> or by check (payable to: Consecrated Women Inc.).

I hope that this helps you to get more information and to prepare for spiritual direction. Each spiritual director will contact you about where you are to meet, how to schedule, and more practical details.

We hope to meet you soon and begin this contemplative journey into the heart of Christ. The Consecrated Women of Regnum Christi, Houston