



# *Is Spiritual Direction For Me?*

*Are you...*

- ... beginning to notice a hunger for a more meaningful life?
- ... tired of feeling like your to-do list rules your life?
- ... eager for a flourishing relationship with Father, Son, and Holy Spirit?
- ... desiring interior freedom from inner voices and past hurts?
- ... wanting to notice God's self-communication in all of your life and story?
- ... longing for someone to compassionately listen to your story and the Holy Spirit with you?
- ... yearning for a vibrant prayer life, perhaps even contemplation?
- ... needing to discern big decisions in your life, but not sure how to engage with God in that way?
- ... wanting a companion to help you sift through interior movements: emotions, responses, actions, habits, rhythms, to live a more Christ-centered life?
- ... longing for freedom from personal brokenness, sinfulness, grief, fears, so you can have freedom for God's healing love and abundant life?
- ... ready to explore God's seeming absence, silence, or dryness in prayer?
- ... tired of journeying alone in faith?
- ... in need of making space for prayer in your monthly rhythm, and a direction session will help you keep a routine?

**Start Direction Today**