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## Is this for you?

Do you sense God drawing you toward something that seems new or different for you? Do you love Him deeply and long to be more fully in tune with Him, while also longing to help others know Him better? Then you may be ready to learn the centuries-old ministry of Spiritual Direction.

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## What is Spiritual Direction?

Christian spiritual direction occurs when a trained, discerning listener accompanies another person as they share about their life's journey, specifically helping the other to notice God's presence and activity. Hospitable, confidential, and grounded in biblical truth, a spiritual director is a person that helps others develop a discerning life with Jesus Christ.

*Adapted from Evangelical Spiritual Director Association (ESDA)*

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This program is intentionally:

*Trinitarian*  
in Theology

— — — — —  
*Contemplative*  
in Style

— — — — —  
*Biblical*  
in Grounding



*\*The wording of our threefold intention, stated above, comes with permission from LTI's (Leadership Transformations Incorporated) internationally-based Selah Certificate Program in Spiritual Direction, where Becoming a Spiritual Director's founder Judy Crossman received her training.*

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**College Wesleyan Church**



# Becoming a Spiritual Director

LIVING A DISCERNING LIFE

## BECOMING A SPIRITUAL DIRECTOR (BSD) PROGRAM DESCRIPTION

This two-year equipping workshop is designed to help individuals learn the practice of Spiritual Direction. It is a journey of learning to discern God's voice and presence within others, as well as themselves. One day each month (August-May) you will meet with others and learn the practice and theology of Spiritual Direction. Each month you will receive Spiritual Direction. Beginning in January of year one, you will provide monthly Spiritual Direction for two people and you will receive monthly one-on-one supervision. Extensive reading and practical experiences will support your learning. Those who successfully complete the requirements will receive a certificate of completion in Spiritual Direction.

## WHAT YOU CAN EXPECT FROM THE PROGRAM

- One whole day (8:00-4:00) of direct learning each month from August – May, for two years.
- Workshop requirements designed to help you: 1) make space for God's activity, 2) learn the ways and beginning skills of Spiritual Direction, 3) discern if God is inviting you to become a spiritual director, 4) receive a certificate of completion in spiritual direction, and 5) potentially be eligible to register as a Spiritual Director with ESDA.
- Monthly supervision from a trained Spiritual Director
- Two 24-Hour Prayer Retreats at Mahseh Retreat Center ([www.mahseh.org](http://www.mahseh.org))

## WHAT WILL BE REQUIRED FROM YOU

- Application and acceptance into the program
- Knowledge of and experience with Spiritual Direction prior to admission (CWC offers Deepen, a one-year formation program that fosters a foundational understanding of spiritual direction practices)
- Faithful preparation, attendance and participation at all workshops (maximum of one miss per year)
- Continue with your own monthly Spiritual Direction
- Complete Monthly Workshop Requirements: personal spiritual disciplines, reading and reflection, silent retreats, and confidentiality
- Provide monthly Spiritual Direction for two directees, beginning in January, 2020
- Receive monthly supervision
- Attend the annual BSD 24-Hour Prayer Retreat

*(A complete, detailed list of requirements is available upon request.)*

## WORKSHOP FEES AND COSTS

Because this is an extensive discipleship experience, there is a \$600 fee to cover the costs of the program. This is paid at the beginning of the experience and it is non-refundable. Payment plans are available. Some scholarships are available if this fee is prohibitive for you. Two additional costs are books and Spiritual Direction. There will be approximately 15 books that you will need over the course of the two years.

## NEXT STEPS

Complete the BSD application form, which requires two references. Once your application is received, you will be interviewed. If you are admitted into the program, you will pay the full registration fee, or set up a payment plan for the two years. This is nonrefundable, except for extreme situations.

## 2019-2021 Workshop Schedule

### 2019-2020

*(Each session is 8 AM– 4 PM unless noted below.)*

**August 22, 2019**

*(4-6 PM, Orientation Supper with Family)*

**September 13, 2019**

**October 4, 2019**

**November 1, 2019**

**December 6, 2019**

**January 10, 2020**

**February 7, 2020**

**March 13, 2020**

**April 3, 2020**

**May 8 & 9, 2020**

*(BSD Prayer Retreat, Mahseh Retreat Center)*

### 2020-2021

*(Each session is 8 AM–4 PM unless noted below.)*

**August 21, 2020**

*(4-6 PM, Orientation Supper with Family)*

**September 18, 2020**

**October 23, 2020**

**November 20, 2020**

**December 11, 2020**

**January 22, 2021**

**February 19, 2021**

**March 19, 2021**

**April 9, 2021**

**May 7 & 8, 2021**

*(BSD Prayer Retreat at Mahseh)*

The words of Jesus...

*"I am the light of the world.  
Whoever follows me will never  
walk in darkness, but will have  
the light of life."*

John 8:12