
PRINCIPLES UNDERGIRDING

SPIRITUAL DIRECTION

"Spiritual direction takes place when two people agree to give their full attention to what God is doing in one (or both) of their lives and seek to respond in faith ... whether planned or unplanned, three convictions underpin these meetings: (1) God is always doing something: an active grace is shaping this life into a mature salvation; (2) responding to God is not sheer guesswork: the Christian community has acquired wisdom through the centuries that provides guidance; and (3) each soul is unique: no wisdom can simply be applied without discerning the particulars of this life, this situation."

— *Eugene Peterson*



Dr. Douglas Mitts is an experienced Spiritual Director and missionary. He sensed an invitation to the ministry of Spiritual Direction many years ago. He has been under direction himself for a number years. He holds a ThM from Dallas Theological Seminary and a DMin in Spiritual Formation for Ministry Leaders from Gordon-Conwell Theological Seminary. He received his training as a Spiritual Director through Leadership Transformations' Selah Certificate Program in Spiritual Direction.

(www.leadershiptransformations.org/selah.htm)

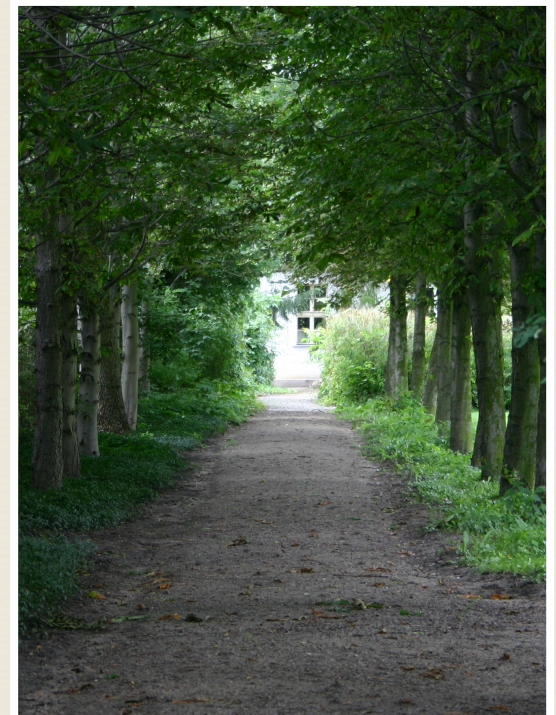
DR. DOUGLAS MITTS

16741 Village Lane, Dallas, Texas 75248

+14694874972

www.momentswiththemitts.com/Spiritual_Direction

SPIRITUAL DIRECTION



Spiritual Direction is "the interaction between one person, trained to listen for the movement of God, and another who desires to develop and cultivate an intimate, personal relationship with God."

— *Vaneta Lorraine-Porter*





Growing in the experience of God and His Kingdom results in a different quality of life now

For the most part, spiritual directors work with individuals who are already living close to the middle of the normal curve, but desire to become abnormal—abnormally loving, peaceful, joyful, abnormally aware of God, and his loving presence. In spiritual direction, the goal is to accompany directees on a journey toward normal kingdom living—far from the center of the world’s normal curve.

— Gary Moon

GOD’S INVITATION TO INTIMACY

Often there arises in the life of the Christian a sense that there is more to a walk with God than their current experience reflects. This longing actually expresses an invitation from God for cultivating a deeper, more intimate life with Him.



WHAT TO EXPECT IN SESSION:

Typically the spiritual direction session lasts about an hour. The content of the session flows from the directee's life with God as reflected primarily in their prayer life, responses to God in the experience of their daily life, and the places of resonance with God's Word. The session typically begins and ends with both silence and prayer. The directee then usually begins with what is most present to him at this time in his life and relationship with God. During the time together, the focus is on the True Director, the Holy Spirit, and discernment of His movements in the life of the directee. Through the deepening intimacy with the Triune God, transformation takes place.

THE DIRECTION RELATIONSHIP:

At the outset of the relationship between the Spiritual Director and the Directee, clarifications are made as to how the relationship will develop. Generally meetings with the Spiritual Director take place on a monthly basis. Typically the director and the directee prayerfully evaluate the ongoing direction relationship through an initial period of six months as to God's invitation to continue. Either the spiritual director or the directee may sense a need to end the direction relationship freely at any time.

BIBLICAL BASIS FOR SPIRITUAL DIRECTION:

"I have many more things to say to you, but you cannot bear them now. "But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come. "He will glorify Me, for He will take of Mine and will disclose it to you. "All things that the Father has are Mine; therefore I said that He takes of Mine and will disclose it to you" (Jn. 16:12-15; see also Jn. 14:16-21; Rom. 8:26-27; Heb. 7:24-25; 1 Sam. 3:9-10).

SUPPORTING THE MINISTRY OF SPIRITUAL DIRECTION:

I am supported through the ministry of Greater Europe Mission, a non-profit that relies on donations for funding. I would be most grateful for any financial gifts you are able to contribute through GEM in order to support my ongoing ministry of Spiritual Direction (acct. # 29880).