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# SPIRITUAL DIRECTION

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Covenant/Agreement for Spiritual Direction with the Directee, \_\_\_\_\_.

We are entering together into a spiritual direction relationship. Spiritual direction is a ministry that involves discerning and responding to the work of God in our lives for the purpose of spiritual growth, intimacy with God and transformation.

Spiritual Direction is the art of Christian conversation and listening carried out in the context of a trusting relationship. A Spiritual Director is a faith companion who listens to your life stories with an ear for discerning the movement of the Holy Spirit in your life.

God is the true guide and director, while the human spiritual director is like a coach or midwife, assisting you in noticing and responding to the inner voice of God. The director is primarily interested in your experience of God and how you can follow God's call. That process is a spiritual journey into the truth about God, yourself, your relationships, your work, and the world.

The premise of Spiritual Direction is that God is present and active in your daily life in a multitude of (usually unnoticed) ways. When you slow down, begin to reflect, and take a long, loving look at what is happening around you, you begin to become aware of the experience of the presence of God. The more you know yourself the more you know God; and the more you know God, the more you know yourself and your direction and purpose. Intimacy with God leads naturally into transformation, healing, and action.

My work as your director is to focus my attention on your spiritual experience and points of self-discovery, to explore with you God's will and purpose in your life. Therefore, I will not try to analyze or fix you, even though our conversation may involve deep personal sharing and exploration of personal crisis and suffering. Spiritual direction is a conversation of the heart and uses all our human facilities (intuition, emotion, imagination, senses, and intellect) to discern God's presence and will for you, as you understand it. I pledge myself to listen with you for the voice of God and to help you notice God's movement in your life.

I affirm that I am a member of the Evangelical Spiritual Directors Association and I ascribe to their "Code of Ethics." If you would like more info on both ESDA and their Code of Ethics, please see [click here](#).

I do not set a fee at this time for sessions of Spiritual Direction. I am supported through the ministry of Greater Europe Mission, a non-profit that relies on donations for funding. Should you desire to donate something, I would be most grateful for any gift you are able to contribute through GEM in order to support my ongoing ministry of Spiritual Direction (acct. # 29880). There is a direct link on my website if you are interested on the page titled, "What to Expect," identified by the above account number.

I will maintain confidentiality regarding any content that is shared during our direction sessions, including your identity. I may reveal aspects of content shared during our sessions with other spiritual directors solely for the purposes of supervision and/or consultation. I will not, however, reveal your

identity, and these directors/supervisors ascribe to similar ethical guidelines. Information regarding the risk of serious harm to you or another may necessitate emergency intervention on my part, and at such times I may institute a change in this confidentiality agreement with your knowledge.

Either one of us are free to end our spiritual direction relationship at our own choosing. We simply need to inform one another of our desire to do so and, if possible, have a final meeting.

If you have any questions about our covenant/agreement, please feel free to ask me at any time.

Sincerely,

\_\_\_\_\_  
Douglas Mitts

\_\_\_\_\_  
Directee

Date: \_\_\_\_\_

Date: \_\_\_\_\_