

20 Prompts for Preparing for Your Next Spiritual Direction Session

Better preparation for a more fruitful session.

Take time before your next session to consider what God has been doing in your life and what you should bring to your spiritual director.

Don't try to answer them all.

Choose one to three of these ideas that seem useful to think or journal about.

Ask yourself: do I feel prompted to go to Confession before I go to spiritual direction?

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God

1. I've felt closest to God/furthest from God when _____.
2. God has been prompting me to _____.
3. I've been wrestling with this idea from Scripture/this image of God/this point of theology _____.
4. How does God relate to my _____?
5. I'm mad at God about _____.
6. God answered/didn't answer my prayer about _____.
7. I want to say sorry to God for _____.

Me

8. I'm feeling preoccupied about _____.
9. I have been so joyful/discouraged about _____.
10. This spiritual practice helps/challenges me _____.
11. A virtue I would like to work on is _____.
12. A spiritual or personal goal I have is _____.
13. I need to stop doing _____.
14. I'm grieving the loss of _____.

Others

15. I need God's help/healing in this relationship _____.
16. I want to explore this way of helping others _____.
17. I am over-committed to/wrongfully involved in _____.
18. This person is driving me crazy _____.
19. My work connects to God by _____.
20. I feel alone when _____.

Resources

What other resources do I want to discuss with my director, whether a book, a spiritual practice, a retreat, a counselor, etc.?