



# Spiritual Direction: A Guide to Giving and Receiving Direction

*Gordon T. Smith*

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## **Spiritual Direction: A Guide to Giving and Receiving Direction** Gordon T. Smith

We are not alone. God is present with us. And God gives us companions on the journey. A spiritual director is one such companion, offering spiritual guidance to help

- make sense of the faith journey
- interpret the significant markers on the road
- encourage us, particularly through the more difficult transitions and valleys of our pilgrimage
- and, most of all, to notice the ministry of the Spirit in our lives

Gordon Smith writes: Even if we have been Christians and maturing in our faith for many years, we still need the encouragement and guidance that might come through spiritual direction. . . . Genuine humility is evident in our realization that we need a companion, a fellow pilgrim and Christian, who can help us discern and foster an attentiveness to God's presence in our lives. This is the gift of spiritual direction. Whether you are a director, a directee or simply someone who wants to learn more about this ancient ministry, you will find this book to be a helpful guide.

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