

## Top 10 Essentials When Choosing a Spiritual Director

*The following are recommendations Spiritual Directors International offers to guide a person's search for a spiritual director.*

### **Seek and Find**

- Contact at least two spiritual directors to interview. Ways to find spiritual directors include:
- Use the internet: "Seek and Find: A Worldwide Resource Guide of Available on the Spiritual Directors" is available on the Spiritual Directors International site.
- Call local churches, theology schools, spirituality institutes and retreat centers and ask if they have a list of spiritual directors. Ask an ordained minister, deacon, vowed religious or local spiritual director for names of spiritual directors they recommend.

### **Ask every potential spiritual director you interview:**

- What is your training, formation or theological education specific to spiritual direction?
- How do you tend your own prayer, meditation and contemplative life? Asking about the director's understanding of spiritual direction helps you discern if it fits with your own hopes and desires.
- What ethical guidelines do you abide by, such as those published by Spiritual Directors International?
- How do you describe a healthy spiritual direction relationship?
- Do you have a specific fee? Some spiritual directors serve on the staff of a church or retreat center, and although there is not a fee, it is customary to offer a donation. Other spiritual directors charge a fee. Often the fee is flexible, and sometimes a sliding fee scale may be offered.

### **Reflect and pray**

- Pray for guidance from the Holy Spirit to assist you in your search for a good spiritual director.
- Tell the spiritual director about your understanding of spiritual direction and what brings you to spiritual direction at this time in your life.
- Be attentive to the way God is guiding you to find the spiritual support you need to deepen your relationship with God.

**Spiritual Directors International, [www.sdiworld.org](http://www.sdiworld.org)**