

Questions to Ponder before your first Spiritual Direction meeting:

What are my expectations of spiritual direction?

Have I had prior experience in spiritual direction before?

What brings me to seek spiritual direction?

What do I seek from a spiritual director?

What do I fear when it comes to spiritual matters?

How would I describe my relationship with God?

How do I meet and interact with God?

How does God view me?

How do I view God?

We often view God through the lens of our relationships with others – parents, caretakers, older siblings and/or other significant people.

What were my early life experiences and relationships with my parents and/or significant others?