

How can I find a Covenant spiritual director?

Many regional conferences in the Covenant Church have regional spiritual director networks that can help you find a nearby director. Contact your conference directly, or go to: covchurch.org/acsd/regional-networks.

You may also choose a director from the Association of Covenant Spiritual Directors directory at covchurch.org/acsd/directory.



The Evangelical Covenant Church

**ASSOCIATION OF COVENANT
SPIRITUAL DIRECTORS**

Spiritual Connection & Direction

covchurch.org/acsd



SPIRITUAL DIRECTION **The Gift of Caring Presence**

*Are you seeking a deeper
relationship with Christ?
A soul friend or spiritual
companion can offer
support, encouragement,
and accountability
on your journey.*

How goes your walk with Christ? Are you yet alive in Christ?

Routinely asked among our Covenant forebears, these two questions speak of beginning a relationship with Christ, as well as continuing, growing, and deepening that relationship.

Being formed in the likeness of Christ cannot take place in isolation. We need companions for the journey to help guide and nurture our faith and to help us discern God's movement in our lives. Spiritual companions, or "soul friends," are rooted throughout Scripture—Moses and Joshua, Ruth and Naomi, David and Jonathan, Paul and Timothy, to name a few. Soul friends provide soul care for others.



WHAT IS SPIRITUAL DIRECTION?

Spiritual direction is a ministry of listening, discernment, and prayer in a confidential setting of encouragement and compassion.

Through this ministry, a spiritual companion listens and helps you discern the presence and work of God's Spirit in your life.

The goal of spiritual direction is to grow closer to God and become the person God created you to be.

GETTING THE MOST OUT OF SPIRITUAL DIRECTION

The underlying assumption of spiritual direction is that God acts in every area of our lives—at home, work, play, and worship. God is present in our doubt as well as our certainty, in our weakness as well as our wholeness. To receive the gift of this ministry we accept God's presence and trust in the transforming power of God's love.