



## **Spiritual Direction Review**

*A review can be a great gift to both directee and director: to review and relish the journey, to reflect upon the role of spiritual direction, and to find the challenges and invitations going forward.*

### ***Your Journey***

What have been the main events of the last year for you?

What has been happening inside you? What have been the main movements in your spiritual journey?

How do you find yourself relating to God? What is prayer for you at present?

If Jesus were to ask you now “What do you want me to do for you?” (Mark 10.51) how would you answer? What is the sense of invitation?

### ***Spiritual Direction***

To what extent has spiritual direction played a role in your journey over the last year?

Are there any particular things that have helped or hindered?

Looking ahead, if we want to continue spiritual direction, are there ways we could use the time differently?

### ***Feedback from Director***

What is your sense of things? Could this be an opportunity to share and celebrate with them what you’ve noticed about their particular faith journey, charism and commitment.

Might this be a time to offer your perspective on areas that your directee might not find easy to see? To draw out recurring themes or difficulties?

What would you like to affirm most in them? And what might you sense is the invitation for them at this time?