

# DIVING INTO SPIRITUAL DIRECTION

*A Quick Guide to How  
Spiritual Direction Can  
Help You Experience a  
Deeper & Freer Life of Faith*



# WHO IS SPIRITUAL DIRECTION FOR?

**Spiritual Direction** is for men and women who desire to go deeper in their relationship with God, and they want someone to help guide them on their journey.

As a **Spiritual Director**, I help Christians develop a deeper spiritual life.

I also help them process and overcome the kinds of issues they can't normally talk about in Church, so they can live free and thrive in a meaningful life of faith.



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*“The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people.”*  
-Richard Foster-

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# WHAT IS SPIRITUAL DIRECTION?

*In navigation, a vector is a course to follow that will get you to your destination.*

**Spiritual Direction** is the timeless practice of meeting with a spiritually mature and experienced Christian who can help guide you in your life with God.

Here in Colorado, we have guides for all sorts of outdoor activities. Meeting with a **Spiritual Director** is kind of like that, except they help you navigate the terrain of your inner world.

**Spiritual Directors** help people process their spiritual journey, and discover where God is leading them next.

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# WHY DO CHRISTIANS NEED SPIRITUAL DIRECTION?


Let's be honest, it's not easy being a Christian.

Sometimes we wrestle with life, with ourselves, and with the world around us. Worse yet, sometimes our greatest challenges can actually be with the Church itself.

Most of us don't know anyone inside the Church that we can have a real and raw conversation with. Too many Christians feel like they have to bury their pain and hide their doubts.

*When you want to go deeper in your faith; when you want real answers to your honest questions; when you are struggling with doubts, fears, or deep emotions, where can you go to talk about it?*

Spiritual Direction provides space to process your journey. Spiritual Directors treat your challenges and questions as something sacred—not something to hide, stuff, or ignore.



*There are a vast number of Christians out there who are not content.*  
-Gene Edwards-



# COMPARING COUNSELING, COACHING & SPIRITUAL DIRECTION



*“Our lives are not  
problems to be  
solved but  
journeys to be  
taken”*

— Henri Nouwen —

You might be thinking that **Spiritual Direction** sounds a bit like counseling, or perhaps even coaching.

It's true, there is some overlap between what a **Spiritual Director** does and what other listening professions do.

But what makes **Spiritual Direction** unique is that a **Spiritual Director** not only makes space to listen to you, they also practice listening to God.

**Spiritual Directors** practice hearing the Holy Spirit. They listen to the “*still small voice*” and learn to let God guide their sessions.

Whereas other professions can impose their agenda, or try to force you to fit into their formula, **Spiritual Direction** helps you move in the direction that God is guiding.



# COMPARING COUNSELING, COACHING & SPIRITUAL DIRECTION

	Counseling	Coaching	Spiritual Direction	<b>VECTOR</b> (Spiritual Direction + Spirit-Led Coaching)
Area of Life	Mental/Emotional	Personal/Professional	Spiritual	Wholistic (Spiritual, Emotional & Vocational)
Main Goal	Alleviate Symptoms	Achieve Goals	Develop Spiritual Life	Develop spiritual life + achieve personal goals
Focuses On	Problems & Issues	Future Goals	Relationship with God	Overcoming issues in order to live free and thrive
Moves Toward	Self mastery	Success	Spiritual Growth	Personal & Spiritual Growth
Session Length	55 minutes	45-55 minutes	60 minutes	60 or 90 minutes
Time Commitment	Weekly meetings. No set end. <b>Could last years!</b>	Often done in 10 session packages	Once a month. Usually commit to 6 months	Clear time frames tailored to each client
Cost	\$\$	\$\$\$	\$	\$\$



A hand holding a compass over a path with arrows pointing in different directions. The background is a warm, orange-toned image of a path with white arrows pointing in various directions, suggesting a journey or choice. The title text is overlaid on the top half of the image.

# SPIRITUAL DIRECTION WITH VECTOR MINISTRIES

*"Lord, direct me throughout my journey so I can experience your plans for my life."  
-Psalm 25:4-*

You probably noticed my approach to **Spiritual Direction** is different than how many people practice direction.

That's because my style of **Spiritual Direction** combines **Spirit-led Coaching**, my experience as an **Inner Healing Counselor**, and my many years working as a **Mentor** for people in addictions recovery.

I understand what it is like to long for a deeper connection with God, to ache for more in life, and to not know how to find it in Church.

So, I developed my approach **to help other Christians process and overcome their obstacles, live free, and thrive in a meaningful life of faith.**

# THE BENEFITS OF SPIRITUAL DIRECTION

There are too many benefits to **Spiritual Direction** to name. Even so, here is a quick list of some things you can expect to find:

- *Develop a deeper connection with God*
- *Clarify your calling and discover your vocation*
- *Learn to hear the Holy Spirit speak to you*
- *Encounter God in powerful ways*
- *Grow in your spiritual gifting*
- *Overcome your setbacks and struggles*
- *Move forward into a thriving life of faith*

Truly, there isn't anything quite like **Spiritual Direction**. Without it, many Christians stay stuck, wondering about what they are missing.

**But why stay stuck? You deserve better.** You deserve to live free and thrive in a meaningful life of faith!

So, why don't you give **Spiritual Direction** a shot. It just might be the piece that is missing from your Christian experience.

*Spiritual direction involves a process through which one person helps another person understand what God is doing and saying.*

*-Richard Foster-*



# TAKE THE NEXT STEP

There are 2 ways you can start **Spiritual Direction**:

## 1. You can search for a Spiritual Director.

Some good places to start your search are with the [Evangelical Spiritual Directors Alliance](#) or with [Sustainable Faith](#). Be aware that the education and experience of **Spiritual Directors** can vary. So, check their credentials before you meet.

**OR**

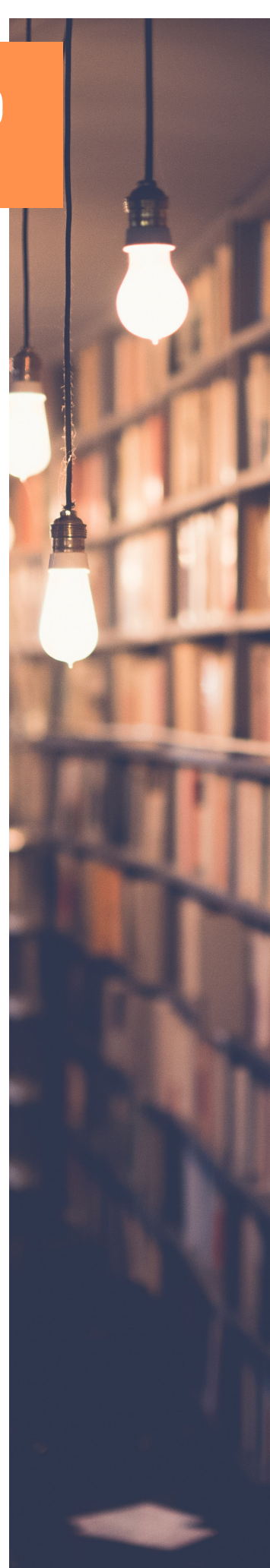
## 2. You can talk with me.

You already know a little bit about me, and I'm really easy to talk to!

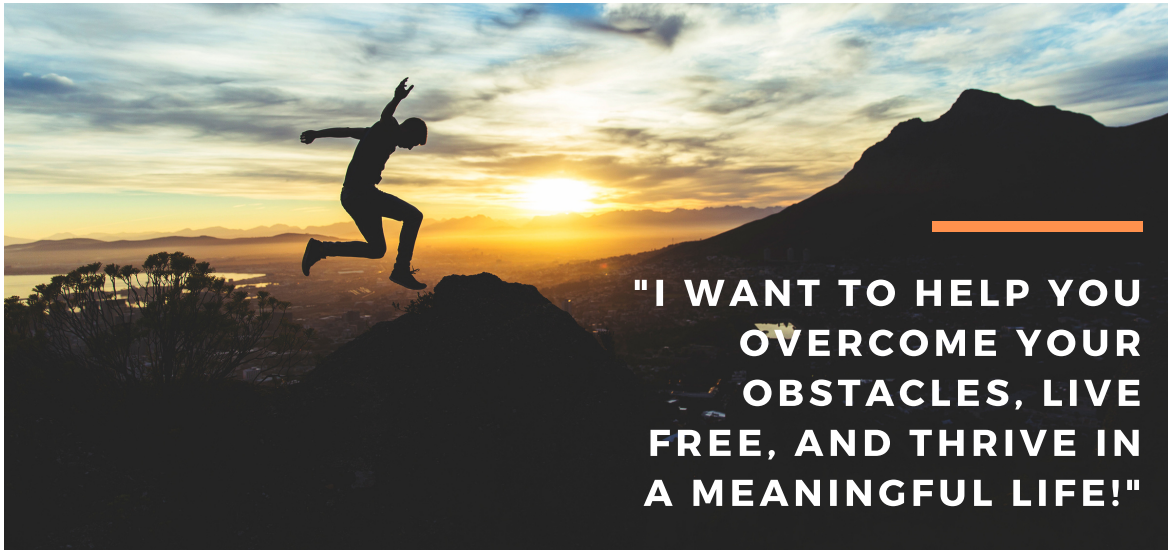
Click this link to [schedule a free consultation call](#). I'd love to find out more about your story, and you can ask me any questions you like. In no time, we'll find out if we are a good fit to work together.

Then, together we'll craft a **Spiritual Direction** plan and schedule that is tailored to your needs.

My goal is to help you have a new experience with God, so you can live a freer and more meaningful life!



# ABOUT VECTOR



Many Christians gave their lives to God, but life hasn't turned out like they had hoped. Now they struggle with things they can't talk about in church. It's a frustrating, isolating, painful place to be.

**But here's the thing: you don't have to live that way. You deserve the opportunity to overcome and thrive in a meaningful life.**

At VECTOR, I help Christians process and overcome the kinds of issues they can't talk about in church, so they can live free and thrive in a meaningful life of faith.

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# TESTIMONIALS

## CLIENTS SHARE THEIR STORIES



*"Patrick was an instrument that changed the trajectory of my life. I have seen at least 4 counselors, but I never saw as much breakthrough like I did with him.*

**- Katie -**

*"Patrick helped me through the most difficult time in my life. I tried meeting with friends, counselors, and pastors but I was stuck in a repeating cycle and felt entirely hopeless. Vector has given me hope and brought about the change my soul and relationships needed."*


**- Brent -**

*"Patrick has walked with me through seriously ugly stuff and I'm growing because of it. My relationship with the Lord is way more than I ever thought it could be. "*

**- Kellie -**

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# OVERCOME & THRIVE IN A MEANINGFUL LIFE!



I've enjoyed sharing this information with you, and I hope you found it helpful. Let me know if you have any questions.

I look forward to talking with you soon!



[www.VectorMinistries.org](http://www.VectorMinistries.org)



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YOUR  
SPIRITUAL  
DIRECTION  
SESSION!**

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Spiritual Direction & Transformation