

Training and Certification for Spiritual Directors

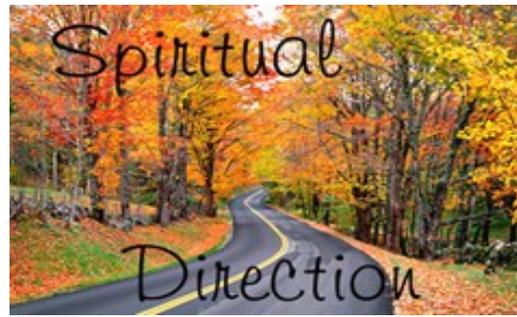
Spiritual directors must complete an intensive two-year training program. They are accountable to peer supervision and are required to attend on-going formational and educational opportunities.

Some of our spiritual directors have completed seminary accreditation and hold Professional Certification in Spiritual Formation and Spiritual Direction in the United Methodist Church.

FUMC is unique in that it has a number of experienced guides available for prayer and consultation.

“The whole purpose of spiritual direction is to penetrate beneath the surface of one’s life, to get behind the facade of conventional gestures and attitudes which one presents to the world, and to bring out one’s inner most spiritual nature and freedom, one’s inmost truth, which is what Christians call the likeness of Christ in one’s soul.”

Thomas Merton, O.C.S.O.



Spiritual Directors *First United Methodist Church*

Cherri Johnson **Cindy Mann**
Margaret Johnson **Clay Johnson**
Mary Rotenberg **Patty Rives**
Todd Barlow **Carolyn Peyton**
Rev. Dr. Lisa Baumgardner

For more information contact
Cherri Johnson
cherri@firstmethodist.org

Contact:

Cherri Johnson, UMC Spiritual Director
Director of Spiritual Formation, Emeritus

First United Methodist Church
930 North Boulevard
Baton Rouge, LA 70802

E-Mail: cherri@firstmethodist.org

Spiritual Direction *Ministry for Spiritual Growth and Companionship*



Within each of us lies the desire to find true meaning and purpose as we grow and mature in the knowledge,, wisdom and love of Christ. A spiritual director can assist you on your journey of Christian formation, prayer and discipleship.

Companions on A Journey

What is Spiritual Direction?

Spiritual Direction is both an ancient and current ministry of the Christian church.

In the Methodist tradition the foundation for spiritual direction was laid by founding father, John Wesley.

Wesley believed that one's personal relationship with God was first and foremost for authentic discipleship. The most important question is: "How is it with your soul?"

By meeting with a gifted spiritual director you can explore, deepen and understand your relationship with God.

A person fully alive in God is fully alive in heart, mind, body and soul. Thomas Merton O.C.S.O

Benefits of Spiritual Direction

- Identifying and trusting your experience of God
- Growth in self-awareness of God's action, mercy and divine grace
- Clarity in making decisions according to God's desire and will
- Spiritual maturation through prayer and spiritual practice
- Maturation in the fruit of the Spirit of love, joy, peace, patience, kindness, gentleness, generosity and self-control
- Growth in loving God, loving others and loving oneself for the healing and transformation of the world.

You and your spiritual director will agree on a convenient time and location in which to meet. That which is shared is always held in strict confidence.



Privilege and Responsibility of a Spiritual Director

A spiritual director does not 'direct' in the sense of giving advice or fixing a problem. Spiritual direction is not life-coaching or psychological counseling.

A spiritual director listens deeply to your story and by asking insightful, open-ended-questions, you explore your life with God in an ever deepening relationship of loving communion.

Your director may suggest spiritual practices, scriptures and other devotional material that will enrich and enhance your journey.

Spiritual direction is for everyone and is a means of grace by which the Holy Spirit shines through with wisdom, truth and enlightenment.

Wisdom consists not in seeing what is directly before us, but in discerning those things that come from the heart of God.