



Would Spiritual Direction Be Helpful for Me? A Guided Reflection by Monica Romig Green

Spiritual direction is a helpful Christian relationship, but not always a necessary one. This guided reflection can help you discern if spiritual direction would be a helpful ministry in your life.

Begin by turning your attention to God and His presence with you.

Thank Him for this opportunity to prayerfully consider spiritual direction for your life.

Ask Him to guide your thoughts and reflections as you answers the following questions.

Read this Scripture passage at least 3 times, pausing between each reading:

So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding. Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better. - Colossians 1:9-10 (NLT)

Talk with God about any thoughts and feelings that this passage stirs in you.

How closely does this passage describe your life and your experience of God?

What aspects of the passage are you experiencing in your life? What aspects would you like to grow in?

Is there someone in your life who constantly prays for you to grow in spiritual knowledge, wisdom and understanding?

Talk with God about whether a spiritual director would be helpful in your life right now.

Would you like someone to help you “learn to know God better and better”?

Would you appreciate having someone help you develop your knowledge of God’s will?

Would you like to identify and explore any spiritual questions that are on your heart?

Would a safe and honest dialogue about your thoughts and feelings towards God and His direction in your life be beneficial to you?

Talk with God about possible next steps and thank Him for this time together with Him.

Ask God any questions you have and ask for any actions, persons to contact, or research to do next.

Spend some time praising God for His great love for you and His guidance.

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2024 W. 15th Street, Suite F-134 · Plano, Texas 75075
info@graftedlife.org · 214-919-4145 · www.graftedlife.org

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