

## Is this for you?

Do you sense God drawing you toward something that seems new or different for you? Do you love Him deeply and long to be more fully in tune with Him, while also longing to help others know Him better? Then you may be ready to learn the centuries-old ministry of Spiritual Direction.

## What is Spiritual Direction?

Christian Spiritual Direction occurs when a trained, discerning listener accompanies another person as they share about their life's journey, specifically helping the other to notice God's presence and activity. Hospitable, confidential, and grounded in biblical truth, a spiritual director is a person that helps others develop a discerning life with Jesus Christ.

*Adapted from Evangelical Spiritual Director Association (ESDA)*

This program is intentionally:

**Trinitarian**  
in Theology

**Contemplative**  
in Style

**Biblical**  
in Grounding



*\*The wording of our threefold intention, stated above, comes with permission from LTI's (Leadership Transformations Incorporated) internationally-based Selah Certificate Program in Spiritual Direction, where Becoming a Spiritual Director's founder Judy Crossman received her training.*

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**College Wesleyan Church**



Becoming a  
Spiritual Director

LIVING A DISCERNING LIFE



BECOMING A SPIRITUAL DIRECTOR (BSD)  
PROGRAM DESCRIPTION

The two-year retreat format is designed to help you learn the practice of Spiritual Direction. It is a journey of learning to discern God’s voice and presence with others as well as yourself. Over the course of 20 days over 2 years, you will retreat with others and learn the practice and theology of Spiritual Direction. Each month you will receive Spiritual Direction. Beginning in Sept. 2024, you will begin providing Spiritual Direction to two people and will receive a minimum of 10 one-on-one supervision sessions. (live or virtual) Reading and practical experiences will support your learning. Additionally, two over-night prayer retreats are included in the program at the end of the first and third semesters. Those who successfully complete the requirements will receive a certificate of completion in Spiritual Direction and will be eligible to register with the Evangelical Spiritual Directors Association. (ESDA)

WHAT YOU CAN EXPECT FROM THE PROGRAM

- Each calendar year there will be 10 full days of retreat time which will include time in silence before God, group sharing, teaching, and skill practice. Food and snacks are provided.
- Program requirements designed to help you: 1. Develop your giftings by providing space for spiritual formation, individually and corporately. 2. Opportunities to learn to notice God’s continual activity in your life and those around you. 3. You will be encouraged to continue to develop a lifestyle of listening to and seeing God in all things, through intentional spiritual practices which keep you focused on Him in the ordinariness of daily life. 3. Learn the beginning skills of Spiritual Direction. 4. Discern if God is inviting you to become a Spiritual Director. 5. Receive a Certificate of Completion in Spiritual Direction from College Wesleyan Church.
- Minimum of 10 supervision sessions from an experienced Spiritual Director.
- Two 24-hour Prayer Retreats at Mahseh Retreat Center ([www.mahseh.org](http://www.mahseh.org))



WHAT WILL BE REQUIRED FROM YOU

- Application and acceptance into program.
- Faithful preparation, attendance, and participation at all retreats (maximum of 1 miss/year)
- Continue with your own monthly Spiritual Direction according to your director’s usual calendar. (Recommend minimum of 10 sessions annually)
- Complete monthly retreat reading and assignment requirements. They will be posted before start of each semester for planning and scheduling purposes.
- Begin providing monthly Spiritual Direction for 2 directees starting September 2024 continuing through November 2025 with June-August off if desired.
- Receive supervision during months providing direction. Twelve supervision sessions are included in program cost.
- Attend the two 24-hour prayer retreats.

*(A complete, detailed list of requirements is available upon request.)*

WORKSHOP FEES AND COSTS

Because this is an intensive and extensive formational experience, there is a \$1300 fee to cover the program cost. Payment plans are available and may be discussed with the program facilitator. Some scholarships are available through CWC if this fee is prohibitive for you. An additional option may be sponsorship through your local church if you are not a regular attendee of CWC. This course is intentionally designed to equip you to provide a valuable ministry in the context of your local church (and beyond) should you experience God’s call and invitation in this. Two additional costs are books required for the class and your own Spiritual Direction. It is important to check with your Spiritual Director and see what their fee may be. Approximately 15-18 books will be required over the 2-year program and the majority are available on the resale market or can be found in library resources.

NEXT STEPS

Complete the BSD application form, which requires two references. Once your application is received; you will be invited for an interview. If you are admitted into the program, you will be asked to pay the full registration fee or set up a payment plan for over the first year. A \$325 non-refundable deposit, which applies toward your total fee, is required to hold your position in the cohort which is limited in size. Details may be discussed with program facilitator.

2024-2025 Retreat Schedule

2024	2025
Friday and Saturday Jan. 12th/13th	Friday and Saturday Jan 10th/11th
Saturday Feb. 24th	Saturday Feb 22nd
Saturday March 16th	Saturday March 15th
Saturday April 20th	Saturday April 12th
May 10/11th SILENT RETREAT Mahseh (4pm-3pm)	May 9/10th SILENT RETREAT Mahseh (4pm-3pm)
NO SUMMER MEETINGS	NO SUMMER MEETINGS
Friday and Saturday Sept. 13th/14th	Friday and Saturday Sept 5th /6th
Saturday Oct. 12th	Saturday Oct. 11th
Friday and Saturday Nov. 15/16th	Saturday Nov. 15th
NO DEC. RETREAT	Saturday Dec. 6th

The words of Jesus...

“I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.”

John 8:12