What should I talk about in Spiritual Direction?

Sometimes we’re not always sure what we should bring to spiritual direction. We might think that we need to bring up something extraordinary to talk about but God works in and through everything. What seem to us as small and unnoticeable can be filled with a lot of insight into how God is working in our lives.

It’s good to come to spiritual direction with an idea of what you’d like to talk about. These questions might be helpful in reviewing how God is working in your life and deciding what you would like to bring up in spiritual direction:

1. What has been the general spiritual “tone” of your life lately? Have you felt on fire in your prayer life, has it felt dry, etc.? You can articulate this in words, feelings, images, etc.—whatever you feel most comfortable with.
2. Have there been any events, experiences, relationships, etc. that have allowed you to experience a sense of God’s presence?
3. Have there been any events, experiences, relationships, etc. that have caused you to experience a sense of God’s absence?
4. What has your prayer life been like lately? What has been your manner of prayer? How well does your prayer help you to experience conscious contact with God?
5. What kinds of decisions in your life have you searching for a sense of God’s will?
6. In what area of your life do you sense God calling you to growth? What lessons, values, disciplines, etc. are you being challenged to grow into?

These are just a few questions to lead you to reflection.