

## What Will Happen in Spiritual Direction?

**1. I will pray for you.** I am committed to praying for you even outside our spiritual direction relationship time. I see myself as a prayer partner for you.

### 2. Guidelines:

a. Our appointments will last about 50 minutes and a usual pace for spiritual direction is to meet every 3-4 weeks.

b. Confidentiality. I agree to maintain confidentiality regarding the content shared during the direction sessions, including your identity. I may share aspects of the content shared during your direction session with other spiritual directors for the purposes of supervision and consultation. Your identity, however, will not be revealed and these directors subscribe to the same ethical guidelines I do. Emergency situations involving the risk of serious harm to you or another may necessitate intervention, and at such times I may institute a change in this confidentiality agreement with your knowledge.

c. In terms of payment, I typically charge \$60/session; however, I am open to what you feel you can afford. I am also open to donations to Greater Europe Mission toward providing missionary women spiritual direction in exchange for spiritual direction. My Venmo name is @Krishana-Kraft; My GEM donation number is #25425.

d. You may contact me through email ([krishana@tandemliving.org](mailto:krishana@tandemliving.org)), cell (502-296-8502), or text. We can use Zoom, Google Meet, or FaceTime for our remote appointments.

**3. Spiritual direction is different from counseling, mentoring, or discipleship.** “Director” may not be the best word, as I am a listener who directs your attention to God. Spiritual direction is a slow and prayerful co-discerning relationship, where you, the Holy Spirit, and I work together to see how God is leading you, to learn how he is speaking to you through your life situations, and to spend time in his presence. As the spiritual director, I will listen to you and listen to the Lord to help you notice how much he loves you and how you are growing in your relationship with him.

**4. Some questions I will be thinking about with you are:** What is the Holy Spirit doing here? What is the fruit of this work in your life? What are the signs of growth in your life? What verses have you read about this situation? Are you able to talk to God about these different situations? What do you think God is asking you to do? Where are you struggling? Where do you need discernment?

**5. When we meet, I will open in prayer.** I will probably read a Scripture text I have chosen for you. Because God’s word is living and active (Heb 4:12), God is able to use any Scripture to speak and minister to you. Then we will move to a time of silence. I will ask you to say “Amen,” or “I’m ready,” when you are finished with the silence. You probably have many things on your mind when you come for spiritual direction. This is a time to acknowledge those problems, joys, sorrows, struggles, pains, or relationship issues before the Lord. Maybe you can picture yourself handing them to the Lord. Maybe the Lord is asking you to talk with him about them. During the time of silence, you might say to the Lord, “God, I don’t know why I have come today. What do you want me to share?” “God, I give you all the things going on in my head.” You may reflect on the passage and imagine yourself in the story or passage we have read. I will pray for you as you sit in silence.

**6. When you are ready, you can begin to share whatever is present in your mind that you are comfortable sharing with me.** If you simply need time to sit in silence, that is fine. We can talk about questions or thoughts from the Scripture. This is a time for you to present yourself in loving relationship to the Lord.

**7. While the focus of our time is on you and your relationship with God, you may ask me any questions about myself as well.** Spiritual direction is not a one-way relationship.

Krishana Kraft – Spiritual Direction  
[www.tandemliving.org](http://www.tandemliving.org)

**8. I affirm that I am a member of the Evangelical Spiritual Directors Association and I subscribe to their Guidelines for Ethical Conduct.**

<https://www.graftedlife.org/>

**9. Feel free at any time during our relationship to bring up questions, concerns, or suggestions you have about our spiritual direction appointment.**