

Navigating the Spiritual Life: Spiritual Direction and the Journey to God

Dan Burke and Fr. John Bartunek, LC

1. Now that you have completed reading this book, what stood out for you or was a surprising to you?
2. Dan Burke begins his discussion on what Spiritual Direction is by elucidating what it is not. Why is this important? Can you give an example of when you have been involved in a spiritual direction relationship that was really not spiritual direction? When the Directee was looking for something other than spiritual direction?
3. The Holy Spirit and the Church work through people. How has God worked through a person – not necessarily your spiritual director/directee – to help you discover or navigate a “blind spot” in your life?
4. “Spiritual Direction understands the path of humility and what it means to have a vibrant relationship with Christ”. Why is it important to firmly challenge your directees and encourage them toward concrete progress? How as a director do you develop this important skill?
5. Dan identifies common barriers to good Spiritual Direction. How can we as directors identify these barriers and then intervene in a positive way with our Directees? (Use examples if helpful).
6. What is your experience – personal or with a Directee – with remote, proximate & immediate preparation for spiritual guidance? How does it facilitate Directee ownership of their spiritual growth and the Guidance process? How does it facilitate good spiritual guidance?
7. How do you help someone who has recognized a pattern of sin but has not done anything to reject it? Have you or a Directee been stuck in this place?
8. St Catherine of Sienna identifies “self knowledge” as essential to “knowing God”. Have you ever been in a situation, as a Director, where the balance between self knowledge and awareness of God has been lost? How can you remediate this imbalance? How can you use it to promote spiritual growth?
9. Dan warns against excessive self-criticism & scrupulosity? How do you work with or guide women suffering with these issues? Can you give an example, personal

or as a Director, when sorrow for sin has become destructive to the soul?

10. When can boundaries be a negative thing in spiritual guidance?

11. Please read the Glossary of terms. Were there any surprises there?