

SPIRITUAL DIRECTION

WITH **Austi Baudro**



✉ austi@robeandercrownmin.com

☎ 971-300-3052

🌐 www.robeandercrownmin.com

📍 Longview, Wa

YOU ARE WELCOME HERE

Spiritual Direction is a listening ministry. Two people, Holy Spirit dwelling in both, listening to the invitations and movement of the Trinity.

Spiritual Direction is listening to what is on the heart of a brother or sister in Christ and helping them identify where they feel God is working in their life. This includes recognizing what draws them closer to God and what may be pulling them away. It's also reminding them of God's character and the depth of His love for them.

During our time together, we will focus on your soul and your relationship with God. As your Spiritual Director, my role will often involve guiding you back to God and helping you listen and discern where God is in your every-day life. The primary goal of Spiritual Direction is to deepen your relationship with God.

I find it helpful to list what Spiritual Direction is and what it is not as you're exploring this practice:

Spiritual Direction is NOT:

- Clinical Counseling
- Therapy
- Coaching

We are not trying to solve problems nor is it focusing on a goal to achieve.

Spiritual Direction IS:

A time for us to talk about everything related to your experience of God. We will discuss struggles, pain, and things you are walking through paying attention to where God may be moving in your everyday life. We are here to listen, notice, and care for your soul and relationship with God.

WHAT TO EXPECT:

- 60-minute monthly sessions / \$100 per session*
- Intentionally welcome the presence of the Holy Spirit
- A safe, confidential space to discuss what's on your heart
- Spiritual Practices & Resources
- Reminders of God's love for you
- Thoughtful questions to help you consider what God is inviting you into
- I meet with clients virtually, in my home in Longview, Washington, or over the phone

WHAT TO PREPARE OR BRING:

First, the Holy Spirit is the ultimate Director and He will guide each session.

- Pray ahead of time asking for our time to be fruitful and ask Him to reveal anything He wants you to know
- Be thinking and pondering what's on your heart today/these last few weeks/months.
- If we are meeting virtually, you can bring a candle to serve as a visual representation of the Holy Spirit

GETTING STARTED:

We will begin with a free 30 minute session where we'll talk about Spiritual Direction in general terms. You'll have the opportunity to ask me any questions you may have. I may ask questions to get to know you better as well. Then, together, we can discern whether to commit to regular monthly sessions.

*IF FINANCES ARE A BURDEN:

I deeply feel Spiritual Direction is a practice everyone should have access to and because of this I'd like to offer a sliding scale of \$50-\$100 for those who may feel the burden of the financial commitment. If cost is prohibitive, please reach out to discuss this option further.

It is my honor and privilege to be on this journey with you. **Thank you for trusting me in this.**