

Gather Your Friends for Group Spiritual Direction

Wings to Fly is now offering group spiritual direction for parishioners. Self-selected groups consisting of 4 to 5 people meet monthly with a trained spiritual director through video teleconference. The director gives the individuals scriptures to pray with throughout the month. Journaling their prayer experiences, they come to the group to share and receive spiritual direction under a trained spiritual director. The goal of group spiritual direction is to empower people to develop a prayer life while cultivating a community of support. "Where two or three gather in my name, I am in their midst." (Matt. 18:20)

I provided group spiritual direction at Franciscan University and saw personally how it helped the individuals cultivate their relationship with God. In addition to facilitating a community of trust and companionship between the group members, parishioners can choose specific areas where they would like to grow and develop: turning vice into virtue, understanding your identity and destiny, balancing priorities, creating healthy boundaries in school, work, ministry, and relationships, having realistic expectations of one's self and others, understanding your emotions, understanding woundedness, self-acceptance, comparison, authenticity, shame, anxiety, the battle in our minds, the grip of fear, distractions, lack of purpose, or being overwhelmed, or anything else the group would like to focus on. Once the group chooses a topic, the director gives them scriptures, a grace, and reflection questions to pray with for the month. The group learns St. Ignatius rules of discernment and how to apply it to their prayer and everyday life. When the group gathers, they discuss their encounters of Christ speaking to them in their prayer life and everyday experiences.