

Spiritual Direction Contract & FAQ

1. **Spiritual Direction.** Spiritual Direction is a ministry created to help others discern and respond to the work of Christ in their lives for the purpose of spiritual growth and healing. While at times I may discuss psychological and relational difficulties, Spiritual Direction is distinct from other helping professions, such as psychotherapy, pastoral counseling, or analysis. Spiritual Direction is a co-discerning relationship, where you, the Holy Spirit, and I are working 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. I am a prayerful listener with an aim to point you to God and what He may be doing in both the mundane or extravagant circumstances that come up in our sessions. As the Spiritual Director, I will listen to you and listen to the Lord to help you notice His gentle nudges, how much He loves you, and how you are growing in your relationship with Him. I will offer a question that the Spirit leads to help you explore your heart and open to what He is doing in your life. I may offer prayer projects, books, or other activities at the end of our session for you to do on your own. It is not homework or required, simply an offering.

2. **Length.** Each session will last about 50 minutes. A couples' session will last 60-100 minutes.

3. **Confidentiality.** I agree to maintain confidentiality regarding the content shared during the Spiritual Direction sessions, including your identity. I may share aspects of the content shared during your Spiritual Direction session with other Spiritual Directors for the purposes of supervision and consultation only. 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.

4. **Canceling or Rescheduling.** In the event of needing to cancel or reschedule a Spiritual Direction session, contact me through email (JilleneACook@gmail.com). Please let me know at least 24 hours in advance if you need to cancel. **There are human mistakes that happen, like forgetting a session or writing down the wrong time. I've been there, you've been there. If this becomes a regular occurrence payment may be required, but there's grace for accidents of course.*

5. **Session Layout.** When we meet, I will open in prayer. I may read you a Scripture text I have chosen for you, a poem, or a written prayer. 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 have a time of silence in which you will consider what God may be inviting you to share in our session. I will ask you to break the silence in your timing and you will share what is

coming up for you. This might look like something the text is highlighting in your spirit, a present event, something from the past, questions in your mind, or anything else. There is no right or wrong thing to share. You probably have many things on your mind when you come for Spiritual Direction. The goal is to trust whatever direction we go in; even if it was not what you planned on speaking about, God will provide clarity. The silence is a time to give all problems, joys, sorrows, struggles, pains, or relationship issues to the Lord. Perhaps you can picture yourself handing them to the Lord. 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 during this time?” Or, “God, I’m worried and confused about so many things. I don’t feel like talking. Show me what to do.” Or, “God, I give you all the things that are going on in my head.” Take the time of silence to speak to God; notice what seems to rise above it all as you speak to Him and begin there.

a. 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, even if it’s the whole 50 minutes, that is fine. This time is for you and the Lord and your intimacy with Him. If the Scripture we read has brought up questions or ideas, we can talk about those things. The sessions are a space for you to present yourself in a loving relationship to the Lord.

b. Some questions I will be thinking about with you are: What is the Holy Spirit doing here? Where might there be signs of projection? What is the fruit of the circumstances in your life? Where are the signs of growth in your life as we continue to meet? What verses speak to this situation? Are you able to talk to God about these different situations that you bring to Spiritual Direction? What do you think God is asking you to do? Where are you struggling?

6. Reciprocity. While the focus of our time is on you and your relationship with God, you may ask me any questions about myself as well. This is not a one-way relationship. However, my goal will never be to give you advice, or my way of handling situations. My goal is to discern what God is uniquely doing in *your* life with *you*.

7. Frequency of Meeting. We may meet once every three weeks or once a month. The sparsity is for a few reasons. The goal is for you to attach to God and need Him, not attach to me and need me. He is who we want you to be dependent on, I am simply a fellow traveler on the journey with you. God tends to do His work slowly (though not always), so giving ample time between sessions will give us perspective to discern the movement of the Spirit in your life. In-between sessions, I commit to praying for you and holding you in my heart.

8. Credentials. I affirm that I am a member of Spiritual Directors International and the Evangelical Spiritual Directors Association and I subscribe to both of their Guidelines for Ethical Conduct. I am insured by The American Professional Agency.

<http://sdiworld.org/>

<http://www.ecswisdom.org/index.php/esda>

9. Method. For the foreseeable future, I will be using Zoom and will email you the meeting code for each session beforehand. We can also use Facetime if zoom is unavailable.

10. Payment. My current rate is ___\$40 for students and \$60 for non students___ per 50 min session.

Couples rate for students: \$80 for 90-min session.

\$100 for 90-min session for non-students.

I accept Venmo and Zelle.

Venmo: @Jillene_A_Cook

Spiritual Direction is not financial advice and any decisions and actions you may take in that regard are done without my advice or recommendation, and are purely your responsibility. I may refer you at any time at your request, or in the event that I feel that another Director would better serve you.

Please sign and return a copy of this agreement to me after we have connected and set up an appointment.

Name

Phone Number

Email

Emergency Contact

Phone Number

Jillene Cook, Spiritual Director

Date