



Outpatient Services Spiritual Direction

“Be joyful in hope, patient in affliction, faithful in prayer”

Romans 12:12

Outpatient Services



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Spiritual Direction offers an opportunity to share with another how God is present in and through our prayer and everyday life experiences.

The purpose of direction is to help individuals grow in a personal relationship with God.

Direction is offered in an individual setting.

Spiritual direction includes

- Listen more attentively to God's voice
- Increase awareness of God's love and presence
- Find clarity in decision making
- Cope better with the difficulties in life
- Share more deeply in God's peace
- Move through forgiving self/others
- Express love through service to others



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