

# Frequently Asked Questions

## About Spiritual Direction

### What is spiritual direction?

Spiritual direction happens in a scheduled meeting between someone interested in deepening his/her relationship with God and a director trained in the art of listening to and reflecting back what is heard.

The two talk about prayer, faith, and life. The desired end is awareness of grace, calling us to bring God's compassionate love to fuller expression through our own right relationships.

### Is spiritual direction for me?

Spiritual direction is not something new. It is as old as the search for God and the desire to live with integrity. It is for anyone who feels it would be beneficial.

People say spiritual direction helps them slow down and live more intentionally. Some feel it makes them more aware of personal choices.

One woman commented, "Spiritual direction makes God more present to me and makes me more present to God." A man in direction observed, "It helps me be true to the person God made me to be."

### How can I find out more about spiritual direction?

Contact Sister Karen Freund, OP  
Certified Spiritual Director  
St. Thomas More Newman Center  
602 Turner Avenue  
Columbia, MO 65201  
573-449-54424  
[srkaren@comonewman.org](mailto:srkaren@comonewman.org)



### Prayer of St. Irenaeus

It is not thou that shapest God;  
It is God that shapest thee.  
If then thou art the work of God,  
Await the hand of the Artist  
    who does all things in due season.  
Offer God thy heart, soft and tractable,  
    and keep the form in which  
    the Artist has fashioned thee.  
Let thy clay be moist, lest thou grow hard  
    and lose the imprint of God's finger.