

## HEALING

*“Jesus bore our sins in his own body on the cross, so that dead to sin, we might live for righteousness. By his wounds we have been healed.”*  
**- 1 Peter 2:24**

### HEALING IN SPIRITUAL DIRECTION FAITHFULNESS SHOWING THE STEPS TO & INTIMACY

Spiritual Direction will be seen as a healing process in itself, as the relationship between the director and directee unfolds under the guidance of the Holy Spirit. The differences between psychology, counseling and spiritual direction will be reviewed as well as how to recognize possible mental illness and when to refer to professionals.

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### THE THEORY AND PRACTICE OF HEALING PRAYER

The course provides information on various healing ministries in the Church today (such as Theophotic, Unbound). It explores the importance of past wounds as they affect us as spiritual directors as well as our directees. [First Week, 2 hours each evening, Monday - Friday]

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### THE CONNECTION OF HEALING & DELIVERANCE TO THE PRACTICE OF SPIRITUAL DIRECTION

This course will present discernment as both a way of living the Christian life and of reflection on that life. It will be based on Ignatius of Loyola's Rules of Discernment and the Examen; and will discuss the use of both in spiritual direction. [Second Week, 2 hours each evening, Monday - Friday]

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### THE APPLICATION OF SPIRITUAL WARFARE AND DELIVERANCE IN SPIRITUAL DIRECTION

This course explores spiritual warfare and deliverance using classics in the spiritual life, contemporary insights and practice and scriptural passages to study how Jesus addressed evil, and how to apply these tools in spiritual direction. [Second Week, 2 hours each evening, Monday - Friday]

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### FOUNDATIONAL THEMES IN SCRIPTURE FOR HEALING

Prayer exercises and group sharing based on healing themes in the Bible. The student prays 2-3 hours daily, and is encouraged to use a journal. [Both Weeks]

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### ELEMENTS AND DYNAMICS OF SPIRITUAL DIRECTION AND PRACTICE

This course will include practical exercises and teaching on reflective responses and labeling feelings. Self-disclosure, genuineness and compassioning are studied as important elements in the Spiritual Direction process and presented through lectures and role playing. [Both Weeks, two hours each morning, Monday - Friday]