

## What is Spiritual Direction?

Spiritual Direction is a relationship between three persons: 1) the Holy Spirit, 2) the director, and 3) the directee. The main topic of spiritual direction is God's will for the directee. The central aim of spiritual direction is to help guide the directee to purposefully, consistently, and substantively grow in his or her relationship with God and neighbor by discovering God's presence and embracing his will through the fruitful practice of prayer and virtue.

## Our Method of Spiritual Direction

ASSD uses the Contemplative-Evocative approach to Spiritual Direction. First, it is contemplative. That is, it is based on prayer. Prayer is THE work of faith (cf. John 6:28-29). For this approach to be effective, both the director and the directee must have lives centered on prayer, that is, focused on connecting with God on a daily basis in a personal way. Second, it is evocative because it proceeds from the understanding that each person enjoys an existence uniquely willed by God and is being drawn intentionally by God into an intimacy prepared for them by God through the action of the Holy Spirit. Spiritual Direction thus becomes a "drawing out" from the Directee of the whispers and movements of God in their soul through the discernment and loving accompaniment of the Director. Spiritual Direction, therefore, is discipleship par excellence.

## Admission Requirements

Membership in good standing in a Christian church and submission of the following:

- A spiritual autobiography describing one's spiritual journey to this point in their life.
- A letter of recommendation from the candidate's pastor or prayer community leader.
- A letter from their spiritual director, if applicable, reflecting the suitability of the candidate.
- A narrative describing your reasons for desiring admittance to the School of Spiritual Direction.
- Completion of an admissions application sent upon request, and payment of the \$50 Application Fee (non-refundable, applied to total tuition).

## Requirements for Certification

Attendance at all three sessions  
Completion of required reading  
Make an 8-day silent directed retreat  
Completion of a 16-week Practicum

## Costs per Session

(Subject to change)

Payable at the beginning of each session  
Tuition and books – \$550  
Housing, if needed – \$100  
Meals – \$150

For more information, consult our website at: [www.alleluiassd.com](http://www.alleluiassd.com)

# The Alleluia School of Spiritual Direction



*"...then you must wash each other's feet ... as I have done, so you must do."* (John 13:14-15)

Sponsored by  
The Alleluia Community  
P.O. Box 6805  
Augusta, GA 30916-6805  
[www.alleluiassd.com](http://www.alleluiassd.com)

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## Our Mission

The Mission of the Alleluia School of Spiritual Direction is to teach Christian men and women the art of spiritual direction through a transformational process of prayer, study, and mentoring by bringing a greater awareness of the truth of God's love for them, developing their mission of making disciples in His church and washing the feet of others seeking a deeper walk with God. "I have chosen you from the world, says the Lord, and have appointed you to go and bear fruit, fruit that will last" (Cf Jn 15:16,19). "Go... make disciples" (Mt. 28:19). "...then you must wash each other's feet...as I have done, so you must do" (Jn 13:14-15).

## Course Work

The candidate completes three unique two-week sessions and will be equipped to journey with other Christians towards intimacy with God.

The topic of each session will be either Prayer, Healing or Growth. Each two-week session follows an intense daily schedule including personal and corporate prayer, individual spiritual direction and practice in the skills of direction.

ASSD includes a wealth of solid teaching from experienced spiritual directors and experts in theology and the spiritual life. The School is not academic (there are no tests and no papers to write), but emphasizes personal spiritual transformation over the transfer of information, developing a strong life of prayer along with the skills necessary to accompany others on their journey toward intimacy with God.

## Courses Include

**An Introduction to Prayer** – Includes a survey of Christian spirituality to illustrate the ways God chooses to communicate Himself, emphasizing the mystical prayer of Sts. Teresa of Avila, John of the Cross and Thérèse of Lisieux.

**Living the Discerning Life** – Presents discernment as a way of living the Christian life and of reflecting on one's own life. Discusses Ignatius' Rules of Discernment and the concepts of consolation and desolation.

**The Spirituality and Prayer of the Spiritual Director** – Emphasizes God's call to intimacy, surveys methods and approaches to discipleship, and traces the rich tradition of spiritual direction in the church.

**The Theory and Practice of Healing Prayer** – Focuses on how Jesus healed, gives information on various healing ministries in the church today, and explores the importance of past wounds as they affect us as spiritual directors as well as our directees.

**Spiritual Warfare** – Explores spiritual warfare and deliverance, using classics in the spiritual life, contemporary practice and scriptures showing how Jesus addressed evil.

**Elements of Spiritual Direction** – Includes practical exercises and teaching on reflective responses and labeling feelings. Self-

disclosure and compassioning are studied as important elements in the spiritual direction process. Presented through lectures and practice.

**The Person of Christ** – The characteristics of Jesus' personhood and how to follow Him in "doing the will of the Father."

**Maturity in Christ** – How the supernatural gifts of the Holy Spirit transform believers into faithful sons and daughters of the Father.

**Life in the Spirit & Operating in the Gifts** Teaches the central role of the Holy Spirit in each spiritual direction setting, using the spiritual gifts listed in Isaiah 11 and the Pauline letters.

## Schedule of Sessions

07/11/21 – 07/24/21	PRAYER
01/09/22 – 01/22/22	HEALING
07/10/22 – 07/23/22	GROWTH
01/08/23 – 01/21/23	PRAYER
07/09/23 – 07/22/23	HEALING
01/14/24 – 01/27/24	GROWTH
07/14/24 – 07/27/24	PRAYER
01/05/25 – 01/18/25	HEALING
07/13/25 – 07/26/25	GROWTH
01/11/26 – 01/24/26	PRAYER
07/12/26 – 07/25/26	HEALING
01/10/27 – 01/23/27	GROWTH
07/11/27 – 07/24/27	PRAYER

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