

Spiritual Direction Covenant

Here are some guidelines for our time together. The goal of setting these guidelines is primarily to help set an environment conducive to Spiritual direction, and it will also serve to give you some sense of expectation as well as a written commitment from me of the intentionality and care with which I seek to foster our relationship.

1. The Holy Spirit is the true Spiritual director. I will do my best to listen deeply to your story through the help of the Spirit.
2. I will ask questions that seek to help you more deeply engage with your relationship with God so that you can explore that for yourself.
3. I will listen without judgment, allowing you to bring your full self and your active wonderings into a session to the extent that you feel comfortable. You do not need to be in any particular “place” with regard to anything, and you are free to express yourself as you see fit.
4. Each session will open and close with prayer or a Spiritual exercise that feels comfortable to you. At first, I will likely suggest a more traditional mode of a spoken prayer I offer on our behalf, and we can learn together what works well for our particular sessions. You are always welcome to suggest any mode of engagement at the beginning or end of our time together that helps you arrive fully in the space and then seal our time together.
5. Spiritual direction is not counseling. I am not a trained counselor, so I will not be offering practical solutions in the way a counselor might. You may also benefit from seeing a counselor, and it can absolutely be beneficial to be in both Spiritual direction and counseling in the same time frame. If I feel that a specific need arises that would be better addressed by a counselor, I will offer you some referrals.
6. Everything you share will be kept confidential with the exception of discussion of self-harm or harm to others.
7. We will work to keep each session to 50 minutes, and I will prompt you verbally as we are winding down. This way, you don’t need to worry about the time, and together we trust that the Holy Spirit is completely capable to work in your heart outside of the bounds of our time together, freeing our sessions from hurry, and respecting the other important demands on our time.
8. If you need to cancel, please try to notify me as soon as you can, with the request that it be at least 24 hours in advance except in the case of an emergency. In general, I prefer email communication when things are not urgent, but you are always free to contact me by call/text, and as long as I’m not in the middle of something else, I’ll get back to you as soon as possible.
9. I will check in with you intentionally every few months in order to ask how things are going for you, and you can also feel free to provide any feedback anytime.
10. If you would like, we can schedule another session at the end of each session. You will be primarily responsible for scheduling additional sessions, as I will not follow up later to “recommend” a need for Spiritual direction, but I may reach out just to touch base. You never owe me a response.
11. The recommended fee is \$75 per session, and we can also discuss what works for you if that be a higher or lower amount, either for the duration of our relationship or if changes are required due to unexpected circumstances.

We will hold ourselves to these commitments, knowing that we are also human and that there is grace for when things don’t go as anticipated. That said, I will work as hard as possible to steward the trust that you are placing in me as we enter into this relationship together, and I thank you for the great honor you offer me as I get to sit and listen.

Thank you,

Luke Joyce

Signature: _____ Date: _____ Directee: _____ Date: _____