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SPIRITUAL DIRECTOR

*We desire closeness with God but don't know how to do it.  
That is where spiritual direction comes in.*

## Suggested Reading List: Spiritual Direction

*Spiritual Direction* by Henri Nouwen, Michael Christiansen & Rebecca Laird

- Based on the lectures of Nouwen, Christiansen & Laird shares insights they gleaned about how spiritual direction helps to answer life's tough questions such as "who am I?" and "where am I going?"

*Seeking God Together* by Alice Fryling

- Fryling shares how group spiritual direction can be helpful in shaping our spiritual walk. Audiobook available.

*Sacred Companions: The Gift of Spiritual Friendship & Direction* by David G Benner

- Benner shares the beautiful relationship that one can experience with their spiritual director. A great resource for trying to understand what happens in spiritual direction. Audiobook available.