

JourneyMates

Christian Spiritual Direction and Soul Care Resources

About This Resource

JourneyMates Ministries primarily engage individuals in large and small group gatherings for the purpose of Christian soul care and spiritual formation retreats, ministry and training. Many JM participants also benefit from individual spiritual direction and soul care offered vocationally by qualified spiritual directors and soul care providers.

This resource is provided as a service to our JourneyMates community participants who desire to seek individual spiritual direction and soul care. Our aim is to help guide individuals in finding qualified spiritual directors and soul care providers who share the vision, mission and core values of JourneyMates. We recommend only those directors and soul care providers who are also trained as JourneyMates Facilitators and who sign the JM Statement of Faith and JM Covenant of Confidentiality annually. Many other well qualified and capable spiritual directors and soul care providers practice in areas where JourneyMates Ministries exist.

What is Spiritual Direction and Soul Care?

“Christian spiritual direction is a ministry of holy listening in which one person helps another notice the Triune God’s active presence and perceive the Holy Spirit’s movement in their ordinary life. Spiritual directors journey with directees, assisting as they deepen their lived intimacy with Christ, the One True Director.” ~ [Richmont Graduate School of Spiritual Direction](#)

“Soul Care – A hybrid relationship integrating practices of spiritual direction, pastoral counseling, discipleship and coaching to guide another person in the care of their soul. Soul care gives attention to the whole person, their story past, present and future, both successes and failures to help them see and discern ways to walk more intimately with God while healing, growing and succeeding in life endeavors. Care for the soul includes spiritual, physical, emotional, relational, vocational, financial and other aspects of our life and being that influence our ability to live with wholeness. Caring for the soul involves growth in self-awareness, God-Awareness and the awareness of others in need.” [Potters Inn](#)

For more information on Spiritual Direction and Soul Care visit (click on links below):

[What is Spiritual Direction?](#) - Selah School of Spiritual Direction, Leadership Transformations.

[What is Spiritual Direction?](#) - Grafted Life, ESDA

[“Spiritual Friendship”](#) - podcast Soul Care Conversations, Potter’s Inn

[“Silencio - Spiritual Direction”](#) - Silencio, Leadership Transformations

[Definitions of Care](#) - Potters Inn.

[Spiritual Direction with Pastoral and Corporate Leaders](#) - Transforming Center

Contact Information

Please note that spiritual directors listed on the following page practice independently of JourneyMates and each other. Each sets his/her own schedule, fee structure, etc. Each is responsible for his/her ongoing training and supervision. JourneyMates is not responsible or liable for the acts, omissions, training, or services (professional or volunteer) provided by any of the providers listed by JourneyMates. Contact information supplied here is solely for the purposes of finding a spiritual director or soul care provider. It is not to be used for any other purpose without prior written permission of the Executive Director of JourneyMates. [Please contact providers for more specific information regarding scheduling, fees, training, video conferencing, etc.](#)

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