

Spiritual Direction Training

Certification from Soul Shepherding, Inc.

Led by Bill & Kristi Gaultiere

Soul Shepherding, Inc.'s two-year training program in Spiritual Direction is added onto the four weeks of training in Spiritual Formation and Soul Care Ministry, which are offered in or near Orange County, CA. The Spiritual Direction track features online supervision groups, as well as online classes and assignments which are summarized below. See the Spiritual Direction Training and Certification Schedule for more details.

Spiritual Formation in Christ

January & February 2018: Soul Friendship

- Read "[Jesus' Rhythm of Life](#)" and "[Deep-Spirited Friendships](#)". *
- Read *Sacred Companions* by David Benner, Chapters 1 to 3, and *Seeking God Together* by Alice Fryling, Chapters 1 to 3. **
- Role Play with a peer using "[Soul Talk: Inviting God Into Your Conversations](#)". *

March & April 2018: Spiritual Formation and Direction

- Read "[The Kingdom of God](#)", "Understanding the Dynamics of the Person" and "Spiritual Disciplines to Renew the Dynamics of Your Person", "[Spiritual Disciplines List](#)", and "[How to Become Like Jesus](#)". *
- Read *Soul Friend* by Kenneth Leech, Chapter 4 ("Prayer in the History of Christian Spirituality"), and *The Practice of Spiritual Direction* by William Barry and William Connolly, Chapters 1 and 2. **
- Share a Soul Talk with a peer on "[A VIM Plan to Be More Like Jesus](#)". *

May & June 2018: Lectio Divina as Listening

- Read "[Lectio Divina Groups](#)" and "[How to Lead a Lectio Divina Group](#)". *
- Watch the SOULworks course "[Digging Deeper in God's Word](#)". *
- Read *Seeking God Together* by Alice Fryling, Chapters 4 to 7 and *The Listening Life* by Adam McHugh, Chapters 1 and 4. **
- Share a Soul Talk with a peer using a Scripture from "[Lectio Divina Guides](#)". *

Spiritual and Psychological Development

July & August 2018: Self-Awareness and Empathy

- Read "[Empathy is Oxygen For Your Soul](#)", "[Secure and Insecure Attachment Styles](#)", "[Interpreting Your Dreams](#)", "[In the Dark Night Remember God](#)", and "[Henri Nouwen's Secret Journal](#)". *
- Read *The Listening Life* by Adam McHugh, Chapters 6 and 7. **
- Share a Spiritual Direction audio recording with a peer.

September & October 2018: Praying the Psalms

- Read “The Lament Psalms: The Pit to the Heavens”, “Psalm 23 Outline of Your Journey”, and “The Lord Jesus is My Soul Shepherd”. *
- Read *Praying the Psalms* by Walter Brueggemann (96 pages). **
- Share a Soul Talk with a peer on your journal entry from “Praying Psalm 3”, “Inner Healing Prayer With Psalm 46”, or “Praying Psalm 139”. *

November & December 2018: Spiritual and Psychological Development Stages

- Read “Jesus, Our Model of Personal Development”, “Dallas Willard’s Stages of Eternal Living”, “LIFE in CHRIST: Spiritual and Psychological Development” and “The Right Disciplines at the Right Time: Understanding the Journey With Teresa of Avila”. *
- Read *The Critical Journey: Stages in the Life of Faith*, Chapters 1 to 10 **
- Share a Soul Talk with a peer on your journey from “LIFE in CHRIST Questionnaire” or “Mapping Your Spiritual Journey”. *

Soul Care Ministry

January & February 2019: Jesus as Spiritual Director

- Read “Jesus’ Ministry as Wonderful Counselor”, “Biblical Blunders that Bruise and Confuse”, “Jesus, Psychotherapy Research, and Life Change”, “The Wounded Healer as Spiritual Guide (Henri Nouwen)”. *
- Read *Sacred Companions* by David Benner, Chapters 4 and 5, and *The Friend of the Bridegroom* by Thomas Green, Chapters 4 and 5. **
- Share a Soul Talk with a peer on your wounded healer story (e.g., “Inventory of Emotional Wounds From Your Father or Mother”). *

March & April 2019: Caring for Emotional Struggles

- Read “Pastor Stress Statistics”, “Unfair Expectations on the Pastor’s Wife”, “Good Grief: a Process of Emotional Healing”, “Don’t Feel Bad About Sin, Feel Sad”, “Be Free of Your Inner Saboteur”, and “Your Love, O Lord, is Better Than Wine”. *
- Read *Holy Listening* by Margaret Guenther, Introduction to Chapter 3. **
- Share a Soul Talk with a peer on “Immanuel Journaling Worksheet”. *

May & June 2019: Empathy in Spiritual Direction

- Read “Essential Soul Care Capacities for Everyday Helping”. *
- Read *Holy Listening* by Margaret Guenther, Chapter 4, and *Sacred Companions* by David Benner, Chapters 4 to 6. **
- Share a Spiritual Direction verbatim with a peer (e.g., “Spiritual Direction Verbatim”). *

Spiritual Leadership

July & August 2019: Self-Care and Ethics for Spiritual Directors

- Read “[Reasons Why Christian Leaders Fail](#)”, “[Temptations of Christian Leadership](#)”, “[Jesus Set Boundaries](#)”, “[Prevent Burnout: Renew Your Life in Christ](#)”, and “[Ministry Begins With Rest](#)”. *
- Read *Soul Friend* by Kenneth Leech, Chapter 3, and *Spiritual Direction and the Care of Souls* by Gary Moon and David Benner, Chapters 9 and 11. **
- Share a Soul Talk with a peer using “[Without Love I Am Nothing](#)”. *

September & October 2019 Discernment

- Read “[Praying For Clarity From God?](#)”, “[Hearing God’s Voice Today](#)”, “[Methods For Hearing God’s Voice](#)” and “[When You Don’t Hear God’s Voice](#)”. *
- Read *Seeking God Together* by Alice Fryling, Chapter 11 and *Pursuing God’s Will Together*, Chapters 9 to 11. **
- Assist Jesus in leading a small group meeting (e.g., “[Ask Jesus to Lead the Meeting](#)” or using a Scripture from “[Lectio Divina Guides](#)”). *

November & December 2019: Spiritual Direction Traditions

- Read “[Pastor, Magnify Your Office!](#)” *
- Read *Soul Friend* by Kenneth Leech, Chapter 2 (“Spiritual Direction in the Christian Tradition”), and *Spiritual Direction and the Care of Souls* by Gary Moon and David Benner, Chapters 2 to 8. **
- Write a 3 page summary paper on your approach to spiritual direction, informed by one tradition.

* “Articles” are in the retreat notebook and some also go to SoulShepherding.org.

** See the [Soul Shepherding Training Reading List](#) (mostly under “Spiritual Direction”).