

## Group Spiritual Direction: A Spiritual “GPS” Exercise – Leader’s Guide

GPS helps us identify our location. Where am I spiritually? Be present to God and present to yourself. We cannot do this without God. It's his grace. The Holy Spirit is the true spiritual director. We ask for the grace to see.

**1. MIND** - What have been the preoccupations of your mind the past 3 weeks?

- . “Set your mind on things above, not on earthly things.” -Colossians 3:2
- . A thought is not a feeling. We mean purely left-brained activity here. An emotion can be attached to the thought, but focus on the thoughts.

**I have been thinking about...**

**2. HEART** - What have been the movements of your heart the past 3 weeks?

- . “Why, my soul, are you downcast?...Put your hope in God, for I will yet praise him, my Savior and my God.” -Psalm 42
- . The heart tells you the operative theology you have from the neck down... e.g. Anxious at night, trouble sleeping, etc.

**I have felt...**

**3. BODY** - What has been the condition of your body the past 3 weeks?

- . “The spirit is willing but the flesh is weak.” -Matthew 26:41. Reframed: I want you to stay up and pray with me, but your body is exhausted.
- . The body must support the Spirit's work.

**I have felt in my physical body...**

**4. SOUL** - What have been your longings and deepest desires?

- . “What do you want me to do for you?” asked Jesus in Luke 18:41. You matter to Jesus.
- . These provide us charismatic clues. A charism is simply a gift.
- . This fights against the wrong theology that for God to really call me, I have to hate it.
- . Calling must be connected to passion. Eventually.

(Mind, Heart, Body, Soul)

Must be short, declarative statement. E.g. I have been thinking about the downsizing going on at work. I've been thinking about the lack of a retirement fund. (No why statements, no explanations, and no bearing false witness to yourself!)

**I would like for God to...**

This is Lectio Vitae... A reading of your life. When done answering these, read them back to yourself slowly. As best as you can state it. Pray and ask for the grace of God for eyes to see.

**What is the thing that shimmers, that draws your attention, that pops?** Just like Lectio Divina.

Then: **LORD, what is the invitation here? How do you want me to respond to you?**

30-45 minutes ideally.

**Last part: Growth happens in Community. Share with others.**

1. Here's what drew my attention about my life. No explanation.
2. Here's what I believe the invitation is.
3. Brief prayer of blessing.