



MY
INNER
LIFE

Group Spiritual Direction Covenant

Spiritual direction groups agree to abide by specific covenant commitments that govern their life together. At the group's first meeting, members will be invited to propose additional commitments for the group to consider including in its covenant.

Covenant commitments:

As a member of this spiritual direction group, I agree to ...

- Keep all matters discussed in group sessions in absolute confidence.
- Regular prayer for myself, for other group directees and for our group's director.
- Strive for punctuality in attending all group meetings.
- Participate in every meeting for the entire agreed-upon duration of the group (barring any unforeseen changes in my circumstances).
- In the event of an unavoidable absence, I will notify the director as soon as possible. (Meetings may be re-scheduled to allow for 100% attendance.)
- Come to each session prepared to fulfill any agreed-upon roles (e.g., leading prayer time, presenting a matter for discernment, etc.)
- Avoid advice giving, problem-solving, making/voicing judgments.
- Respect "air time" of others and avoid "hijacking" conversations to shift focus to myself or my issues instead of the matter at hand.
- Practice holy listening, striving humbly to discern the voice of the Holy Spirit and avoid reliance on my own knowledge, wisdom or good ideas.

In addition, our group agrees to the following additional commitments ...

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Trusting in Jesus Christ to keep His promise to be present whenever two or three are gathered in His name, I make these covenant commitments counting on the grace He provides.

Group end date: _____

Name: _____

Signature: _____ Date: _____