

Questions to Ask a Prospective Spiritual Director

Spiritual Directors International (SDI) recommends you ask each person you interview to become your spiritual director questions such as:

1. What spiritual formation and theological education do you have in spiritual direction?
2. What is your personal experience tending your own prayer, meditation, and contemplative life?
3. What is your experience as a spiritual director? How many years? In what environments? What are you most interested in spiritually?
4. How do you continue your education and supervision for your spiritual direction ministry and service?
5. What ethical guidelines do you abide by, such as those published by Spiritual Directors International? Have you ever been accused or convicted of misconduct?
6. What type of engagement agreement will we establish to clarify roles and responsibilities in our spiritual direction relationship?

Spiritual Directors International publishes Guidelines for Ethical Conduct (in various languages) which provide a framework for a healthy spiritual direction relationship.

You may want to ask your prospective spiritual directors about their formation and training, on-going education, if they are in supervision for their ministry and service, and if they abide by the SDI Guidelines for Ethical Conduct or another ethical code.

Here is a link to the SDI Guidelines:

https://www.sdicompanions.org/docs/guidelines/Flip/guidelines_ethical_conduct.html