
What is Spiritual Direction?

It is a process of sharing between a person, God and a listener in order to respond to the movement of the Holy Spirit. God is the Director.

It is an offer of safe space

- to reflect on one's own experiences of God.
- to learn to be attentive to the sacred in everyday life.
- to grow one's relationship with God and Christ, self and creation.
- to explore one's concerns and seek discernment.

BENEFITS:

Ministry with others is enhanced with good spiritual self care.

With a companion on the journey one is encouraged on the path of growth.

A way to nurture one's inner life while in the demanding academic setting.

MEETINGS: Generally spiritual direction sessions occur once a month or as needed.

All conversation is held in strictest confidence.

COST: Determined in initial meeting



Contact

Make an appointment

DEVOREE

Call or Text 314-974-3928

Email dcrist@ymail.com

or

spiritualdirectors@eden.edu

NOTES:

Updated September 2024

Spiritual Direction At EDEN

Spiritual Companions at Eden offer a holistic ministry to support the students, faculty and staff of the seminary by providing sacred space and time in which to grow awareness of the Divine both inwardly and outwardly. It is lived out through personal companioning, encouraging spiritual practices, promoting awareness of God's presence in each moment, and integrating body, mind and spirit through prayer for the community.

In God I trust; I am not afraid.
Psalm 56:4

THE SPIRITUAL COMPANION
Contact on Eden Campus



Devoree Crist

I am an active member of Webster Groves Christian Church (Disciples of Christ), My Master of Theological Studies is from Eden, My Certificate in Spiritual Direction is from Aquinas Institute and I am a retired M.D.

A member of Spiritual Directors International, I have been privileged to walk with people of diverse backgrounds and have a special interest in work with clergy.

I believe God meets us where we are and that opening to and embracing the Holy in our lives allows us to become our true selves.

<http://www.spiritualdirectioninwg.net>

**TESTIMONIALS from
Eden Students**

"I can't imagine my time at Eden without a spiritual director. Especially on the tough days, they would help me to pray and remind me why I was here and whose I was. My spiritual life is deeper and I am better prepared for ministry. . "

"Like many Eden students, my understanding of my call has rapidly evolved during my time in seminary. Spiritual Direction has been an awesome opportunity to have a companion in this process of discernment as I take note of the ways that I have grown both in my sense of self and in my sense of what God is calling me to. . "



"While I was a student at Eden, a classmate did a project that exposed me to Spiritual Direction for the first time. It definitely left an impression even though I didn't pursue anything at the time. While continuing to pursue my MDiv, I lost my husband unexpectedly. Within about a month, I began my journey with Spiritual Direction. It has been a safe place to grieve and stay connected to God. It has also seen me through the ordination and pastoral appointment processes - being my constant reminder of God's presence moment by moment. Making the choice to have a Spiritual Director is genuinely one of the smartest decisions I have ever made in my life. "