

The Catholic Church is the root of all biblical spiritual direction. The reading makes multiple statements and facts that gave me a sense of the term being born out of the Catholic Church. Specifically, the article mentions that, “Christian spiritual direction becomes specifically Roman Catholic when done within the context of the Catholic church’s understanding of scripture, is connected to its sacraments, and is aware to the teaching and guidelines that have protected and fostered a variety of spiritualities over the centuries of the church’s history.”

All that I hear of the Catholic Church is what is publicized by attorneys looking for retainers or people claiming to be victims of abuse by a clergy. The negative accusations brought me shame and I don’t have anything to do with the Catholic church. Before this scandal came out so aggressively, I did attend a couple of Catholic services out of curiosity. The services were good and more solemn than what I’ve known. Still, the preached word was similar to what I’ve experienced. The message came from scripture which is in the holy bible.

Looking at the history of spiritual direction in the article, spiritual direction was given in the first Christian communities known as “the Way.” Spiritual directees such as Timothy, and Titus were taught and guided on how to live for Jesus Christ by Paul. He being an Apostle or spiritual leader spreaded the gospel of Jesus Christ through writing pastoral letters to them. He talked about faith, morality, and family discipline. Subjects he discussed to be transformed into the image of Jesus Christ. The biblical roots of spiritual direction came into being through practices like Paul’s.

What I learned from the article is that many different “spiritualities” came from the Catholic Church. It was shown by gifted holy spirit filled men and women. In addition, these different spiritualities “emerged schools, movements, religious communities focusing on a particular aspect of Christ’s life or message, stressing different theological perspectives, reflecting

historical, cultural, and philosophical mindsets, as well as developments in the sciences and arts of understanding the human person.” It is true that the Catholic church is the roots of spiritual direction and most importantly its biblical roots.

My approach to spiritual direction is caution and care. I must be serious and willing to change. This is my life which is in God’s hand, but it is my decision to say yes to him and what he wants me to do for glory of his kingdom. I must yield my old ways of procrastination not waiting for everything to come all at once, but go ahead shut off the things that hold my attention more than God. One thing I do admit is I don’t have the time to do anything. I keep saying “I will do better” but never really living up to it. I am in the wilderness; walking for 40 years in a circle. But I ‘m getting closer to the promised land, because I am willing to get closer to God.