

## MOVING IN GOD'S DIRECTION

### Essentials of Christ-centered Spiritual and Vocational Direction

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In a culture that's "all about me," the church continues to offer men and women of Christian faith a refreshing, life-serving practice for personal growth: spiritual and vocational direction. Far from being today's "new personal trainers," spiritual and vocational directors point the trajectory of life toward God.

In her introduction to *Moving in God's Direction*, author and vocational consultant Mary Sharon Moore notes: "Spiritual directors have been around for centuries, going back to ... those early abbas and ammas of the desert tradition. ... This spiritual practice is not about getting the world to move in your direction; rather, it is about you moving in God's direction—a far more humble proposition."

*Moving in God's Direction* is the fruit of Mary Sharon's years of active study, observation, practice, prayer, and deep immersion in the church's scriptural and liturgical traditions. She distinctively integrates classic disciplines of Christian spiritual direction, charism discernment, vocational discernment, and scriptural and liturgical insights to offer readers a powerful way to engage the challenges and invitations to deeper meaning that shape their life.

Part 1, "Getting the Conversation Going: The Spirit Meets the Need," examines crucial aspects of the director-directee relationship. Part 2, "The Maturing Conversation: The Spiritual Meets the Vocational," integrates life circumstances with the ongoing invitation to mature life in Christ. Appendix material offers practical tips, guidance, and encouragement in the actual spiritual direction session.

*Moving in God's Direction* is not only an extensive and unusually integrative handbook for spiritual directors and directees, but an invaluable source of encouragement for people of Christian faith who seek to understand more deeply the many dimensions of life that are worth exploring in the light of God's calling.

Mary Sharon Moore is a Catholic author, speaker, teacher, and spiritual director whose practice spans the United States. Learn more at [marysharonmoore.com](http://marysharonmoore.com).

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