

## “Be still and know that I am God.”

Spiritual Direction is a process that helps us to slow down and become more aware of how God is speaking and moving in our daily lives. A spiritual director is someone who facilitates this time of prayerful attentiveness with and on behalf of another person. Often, we are able to go with another to places we struggle to go alone. My heart to offer Christian Spiritual Direction has grown out of a deep desire to learn how to listen well to God, and to prayerfully companion others who want to grow in relationship with their Creator.

I meet with my own spiritual director once a month, and I'm currently receiving training and ongoing supervision through Leadership Transformations' Selah Certificate Program.

– Amber Jesse





## What you can expect in our sessions

(once a month for 1 hour):

- Unconditional welcome and permission to be yourself, wherever you are in the moment.
- Complete confidentiality of all that is shared.
- An unrushed space where you will be listened to attentively as we discover together how God is present in your life and speaking to you.



## How to prepare:

- You may simply come as you are, without any specific preparation
- or you may reflect a day or two before about what God would have you notice about your life circumstances and your relationship with God



## The Spiritual Direction I facilitate is:

Trinitarian in theology, Biblical in grounding, Contemplative in style

Please visit

[www.leadershiptransformations.org/selah](http://www.leadershiptransformations.org/selah)  
for more information and a very good summary under "[What is Spiritual Direction](#)"



## My personal Background

- Selah Certificate Program (currently in training)
- Apprenticeship to Jesus Fellowship (2008 to present)
- Mending the Soul Ministries Inc. songwriter & resource team (2011 to 2012)
- Bachelor of Arts, Psychology, Arizona State University (2008)

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