

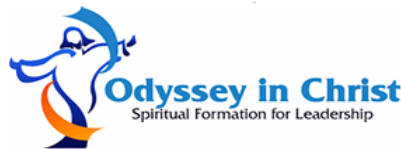


If you are looking for a way to slow down in this hectic world and truly listen to the whispers of your soul, this course is for you. You'll cultivate a heightened sensitivity to spiritual insights, deepen your ability to discern God's guidance, and experience profound spiritual transformation. This journey invites you to fulfill the longing to know your true self and live in greater harmony with God's presence in your life.

### 2025 Course Summary

This 5-week course, beginning May 2nd to May 30<sup>th</sup> (Friday evenings—7 to 10 pm ET USA), May 3rd to May 31<sup>st</sup> (Saturday mornings—7 to 10 am Philippine time), may be taken as a stand-alone study in Spiritual formation and also serves as an introduction to the Odyssey in Christ 2-year Spiritual Direction Certificate Program in the Art and Practice of Spiritual Direction.<sup>1</sup> Class outcomes include: **1. Deepened Awareness of Divine Presence:** Participants will develop a heightened awareness of divine presence in their daily lives, learning to recognize and appreciate moments of spiritual connection and guidance with God; **2. Improved Emotional and Spiritual Health:** Participants will identify and begin to address emotional and spiritual barriers, fostering resilience and well-being through practices that integrate emotional intelligence and spiritual growth; **3. Introduction to the Art and Practice of Spiritual Direction:** Participants will gain an introductory understanding of the ministry of spiritual direction, including the roles of deep listening and spiritual discernment along with their significance in nurturing their own and other's spiritual journeys.

Cost: \$197.00 / [Registration and Course Details](#)



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<sup>1</sup> Spiritual Direction is a practice dating back centuries in the Church and today is being revived in the Body of Christ as a way of companioning with another person or together with others in group for the purpose of effectively discerning the movement of God's Spirit in life and in ministry. Benefits includes a deeper relationship with God, authentic spiritual transformation, and clarity in mission and vocation for both individuals and groups.