



## LED BY EXPERIENCED SPIRITUAL GUIDES

StSW's faculty includes contemplative leaders and certified spiritual directors committed to nurturing authentic growth and soulful presence. Their collective experience brings spiritual depth, practical formation, and compassionate mentorship to each cohort.

## FORMAT & COMMUNITY

- Regular online gatherings for reflection, learning, and shared formation
- Annual in-person retreat experiences to integrate deep practice and community
- Opportunities for ongoing spiritual support and continued learning after certification

## WHO SHOULD APPLY?

You may be called to this program if you:  
Feel drawn to accompany others on their spiritual path.

Are committed to contemplative practices, prayer, and inner work.  
Desire deeper understanding of self, others, and the Divine.

Seek community and formation that supports both personal and ministry growth.



## SEEKING THE SPIRIT WITHIN READY TO BEGIN?

 [david@seekingthespiritwithin.org](mailto:david@seekingthespiritwithin.org)

 [bmeyer42@cox.net](mailto:bmeyer42@cox.net)

 [www.seekingthespiritwithin.org](http://www.seekingthespiritwithin.org)



## SEEKING THE SPIRIT WITHIN

*Prepare for a  
ministry of spiritual  
direction and  
soulful presence.*

A Ministry of the  
Nebraska Synod



# WHAT IS SEEKING THE SPIRIT WITHIN?

Seeking the Spirit Within (StSW) is a three-year formational certificate program designed for individuals called to walk alongside others on their spiritual journeys. In partnership with the Nebraska Synod of the Evangelical Lutheran Church in America (ELCA), this program helps cultivate deep spiritual awareness, compassionate listening, and the art of spiritual direction.

Spiritual direction is a prayerful practice of bearing witness to another's relationship with the Divine, helping seekers notice God's presence in their lives through attentive listening and reflective engagement.



## PROGRAM HIGHLIGHTS

### **Year One – Self, Spirit, and Soul Awareness**

- Grow in self-understanding and spiritual awareness
- Engage with reading, practices, journaling, group reflection, and personal formation
- Monthly reflections and contemplative dialogue strengthen inner awareness
- Includes a Year One Summit Retreat (4 nights) for immersive learning and community building
- Year One cost: \$3,250 (with early-bird discount)

### **Year Two – One Another: Practicing Presence**

- Focus on how to accompany others with depth, empathy, and presence
- Study and practice listening skills, healthy boundaries, and spiritual empathy
- Students begin offering spiritual direction to directees
- Second seasonal Summit Retreat deepens formation
- Year Two cost: \$3,250

### **Year Three – Spirit in the World**

- Integrate skills as a Spiritual Director or Guide
- Discern your vocational path with mentorship and supervised sessions
- Continue offering direction while completing reflection work and training
- Year Three cost: \$2,200

## WHY JOIN THIS PROGRAM?

- ✓ Become a Certified Spiritual Director or Spiritual Guide through a structured, contemplative formation.
- ✓ Develop skills for deep listening, empathy, and spiritual companionship.
- ✓ Form community with fellow seekers and experienced mentors.
- ✓ Grow personally while serving others with integrity and presence.

The program is ecumenical in spirit, welcoming participants from diverse religious backgrounds and honoring varied spiritual journeys.

