



Carol Bell

My passion to be a companion and guide for you on your spiritual journey is rooted in my own experience of renewed joy which has arisen from this journey of Spiritual Formation.

I bring 30+ years of experience as a church ministry staff person in the Christian, evangelical tradition. I have been involved in various ministry venues; most recently providing pastoral care and support to fellow believers throughout life's challenges.

I would consider it a privilege to be invited to share in your life story as you journey with Jesus.



CERTIFICATES

Chaplain/Canadian Association of Spiritual Care (CASC)

Spiritual Director (SD)/Canadian Fellowship of Christian Spiritual Directors (training completion June 2020)

Explore Spiritual Direction!

How is God working in your life?



Carol Bell
Spiritual Direction

carollucillebell@gmail.com

CELL: 519-573-8761

HOME: 226-336-2481



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Spiritual Direction

Have you ever wondered what God is up to in your life, what He thinks about you, or if He even cares?

God Himself invites us;
“Be still, and know that I am God”

PSALM 46:10

SPIRITUAL DIRECTION is one way in which you are helped to discern how God is active in your life. It accompanies the process of transformation into the likeness of Christ on the pathway of discipleship.

It is usually a partnership between a Director, Directee and the Holy Spirit or sometimes a very small group of three to four people, where a safe and sacred space is created for deep listening to life's events and God's work.

Spiritual Direction is different from counselling and therapy, yet significant spiritual growth and inner healing often occurs.

Then Jesus said, *“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest...and you will find rest for your souls.”* Matthew 11:28,29b (NLT)

“Spiritual Direction is for anyone who seeks to pay attention to God's call and respond with a life of prayer, obedience, holiness, service and love.”

DR. DAVID BENNER



What can you expect from a Spiritual Direction session?

- To learn to slow down and embrace silence as a means of inviting God's presence
- To be listened to with empathy, patience and confidentiality
- To be companioned in exercises of contemplative prayer and Christian scripture meditation
- To experience a shift in your faith from head knowledge to heart focus
- To be introduced to new spiritual practices or disciplines that may offer a fresh way of growing in Christ-like character
- To learn about how you uniquely connect best with God and hear His voice