Spiritual Direction in a Cross Cultural Setting

Questions for directors to consider ahead of time, as a backdrop, in listening to a directee in a cross cultural context:

- How do I experience myself?
- How does the directee experience him/herself?

- How do I image God?
- How does my directee image God?

- How do I find God?
- How does the directee find God?

- How do I pray?
- How does the directee pray?

- What positive values has my culture given me?
- What positive values does the directee bring from his/her culture?

Step back – see the “big picture” – be open to the movement of God, who is bigger than your culture or that of your directee.

False Assumptions on the part of the director:

- That both the directee/director will be sharing the same symbols, language, experience, and values.
- That I should understand the directee.
- That there are particular ways to pray/particular ‘images’ of the spiritual.
- That the directee should trust me right away; should always look at me.

Be aware of what is going on in you as you listen to the directee.

Adapted from Susan Rokoczy, IHM