

Verbatim: Spiritual Companionship

Pseudonym of Person(s):

Date:

Your Name:

Small Group Supervisor:

Consider prayerfully why you are choosing this particular conversation on which to write a verbatim. What questions are raised for you? How does it touch your growing edge(s)?

Arrange the content of your verbatim under the following headings:

1. **Personal background and spirituality of the directee:**

a. **Confidentiality:** (Names and identifying traits should be changed to disguise the identity of the directee.)

b. **Other helpful information:** (Include general biological facts, general description of the person; include a summary of his/her life, relationship to the church, to other people. How is God known by this person? In what ways is (s)he growing spiritually? What seem to be the main blocks to further growth and change? Pay attention to the directee's inward and outward journey of faith and life.)

2. **Background and context of meeting:** (Briefly describe the context of the meeting you are presenting. Is it the first/second/third session, etc.? How did you prepare yourself and the place for this session?)

3. **Verbatim Form:** (In the *right hand* column write the conversation between yourself and the directee. Do not worry about your (possibly deficient) power of total recall; the verbatim will be "true", even if you cannot remember every exact word. Remember to indicate non-verbal communication: pauses, tears, laughter, posture changes, etc. In the *left hand* column, write a few words to describe the feelings, interior movements, and counter-movements, occurring within yourself as you are giving spiritual direction.)

(Optionally, you may use a *middle column* to indicate who is speaking, e.g. D1 indicates the first thing the director says; M2 indicates the second thing that the directee says.)

4. Discussion of the relationship and work of the director:

- a. As you reflect on the spiritual direction session, ask the Holy Spirit to help and companion you. Trust the Spirit's presence and help as you begin.
- b. In this section you reflect carefully on the dialogue with the directee. Notice the movement and counter-movements within her/his experience. Notice how God seems to be coming to this person, and how they are noticing, paying attention, responding to, or resisting, God's presence and activity. Notice any patterns which show up in this person's existence.
- c. Be attentive to your own inner experience before, during, and after the session. How does any of this show up in your verbal responses, body language?

What do you notice is appearing in the left-hand column?

Identify your responses, reactions: your own movement and counter-movement.

Was this session mostly one of peace and encouragement to you, or one of frustration/desolation?

What was the strongest feeling/response within you?

Describe God's felt presence during the session. Which is stronger? God's felt presence, or absence?

- d. Reflect on your own presence during the session, the essential nature of your style:

Focused

Fragmented

Companioning

Self-absorbed

Evocative (evoking deeper reflection)

Directive (telling the person what to do)

Discerning (Listening for God's guidance)

Talkative

Open; present, but detached

Trying to fix, problem solving

Empathic

Advice-giving

Peaceful

Anxious/Driven

Hospitable to person's story and God's presence and action/work within them

Hearing the story, but not "standing still" to notice and savor God's presence and work

Detached

Interpretive - telling person what their experience is/means

In what way were your own issues triggered? How did you respond?

e. In what way can you/did you relate the directee's story to the Biblical story?

f. As you bring yourself and the directee into the presence of Jesus, what do you notice?

5. What question(s) do you bring to peer group?