



*Candlelight: Illuminating the Art of Spiritual Direction*  
by Susan S. Phillips, Ph.D.

*"Illuminating is the precisely accurate word for this brilliant evocation of spiritual direction in action. If I were permitted only one book on spiritual direction, this would be it."*  
—Eugene H. Peterson, author of *The Message* and Professor Emeritus of Spiritual Theology, Regent College, Vancouver, B.C.

**Introduction:**

The following questions were selected from the book to help you in continuing your reflection on our conversation with Rev. Margaret Benefiel on her book and its impact to us as Spiritual Director in the 21<sup>st</sup> Century facing a world in need that is looking for answers. Please use this question as a guide for your reflection individually or to start a dialogue as a group. Remember that you will be able to hear a recording of the interview the after the meeting at the following web page:

<http://www.lifeinmotioninstitute.com/>

**Reflection Questions:**

1. What does Phillips' symbol of "candlelight" say to you about the process of spiritual direction? How might this symbol shape or inform your understanding of the spiritual direction process?
- 2, Phillips says, "One of the great gifts of being a spiritual director is getting to imagine how God sees a person." (p. 30) What are some of the qualities, virtues and attitudes a director might reflect when viewing a directee from God's perspective?
3. Phillips is deeply candid about the ways her spiritual direction relationships have shaped and challenged her own spirituality. How has offering spiritual direction to others shaped your spirituality?

4. Phillips speaks (p. 25) of images from music in regard to spiritual direction, for example, attunement, harmony, resonance, amplification, reverberation, tempo, patterns, variations and steps. How have you experienced these metaphors in spiritual direction?
5. Phillips says, "I am most interested in what has opened a heart, stirred the sense of hope and joy, immersed the other in a broad stream of peace, and inspired care in such a way that joy, grief, and action are possibilities." How have you experienced these developments in your practice of spiritual direction?
6. What did you notice about the many different ways that Phillips began spiritual direction relationships with the people in her book? What similarities or differences to your own experience did you note?
7. Describe any surprises you experienced as Phillips' spiritual direction relationships moved into the "journeying" stage. Have you experienced surprises in your own spiritual direction relationships as they evolved?

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