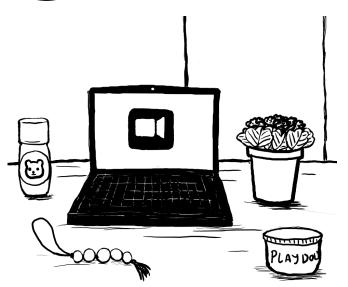


TIPS FOR ONLINE SPIRITUAL DIRECTION

before we meet online





SET UP YOUR SPECIAL PLACE

Where would you like to meet for a time of listening? This is your special time with God.

- Set up a laptop, desktop or large iPad on a desk in a comfortable, quiet, well-lit space.
- Place a special object or image that reminds you of the nearness of God next to the screen. It can be anything that makes you think of God, a rock, flowers, a gift you were given, or your favorite toy.
- Make yourself comfortable. You might like to have a bottle of water or a blanket on hand.

GATHER (ART) MATERIALS

I wonder, what do you like to do with God? And how do you like to talk with God?

- Gather drawing paper, journal, colors, pens, beads, play dough, legos, or any other art materials and toys you like.
- What have you made or played with that you might want to show to your listening friend? Bring that with you. It can be anything that is important to you, or that tells a story about what has happened, or when you knew that God was with you.





Who do you want to hear your conversation?

- Ask to be given privacy and not to be disturbed. It can help to wear headphones.
- You might want to make a sign that says "Do Not Disturb" and hang it on the door of the room where you will meet with your listening adult.
- Finally, make sure you know where to find help if you need it during the video call, for example if the screen freezes or the sound stops working.





