

# Why is Gary Tenpenny Providing Spiritual Direction?

## What is Contemplative Spiritual Direction?

*"The purpose of prayer, the sacraments and spiritual direction is to awaken us." Thomas Keating*

**Contemplative Spiritual Direction:** the desire to give caring attention to my relationship with God, accompanied by the prayerful presence of someone who helps me listen well to God.

**Definition:** Spiritual direction is "help given by one Christian to another which enables that person to pay attention to God's personal communication to him or her, to reflect and respond to this personally communicating God, to grow in intimacy with this God, and to live out the consequences of the relationship."

### Scripture:

- ❖ "I have much more to say to you, more than you can now bear. But when he, the Spirit of truth, comes, he will guide you into all truth." (John 16:12) Everything Jesus knows will be revealed to us through the Spirit in His willful timing.
- ❖ "Come near to God and he will come near to you." (James 4:8) The remedy to our problems: Humility
- ❖ "The Sovereign LORD has given me an instructed tongue, to know the word that sustains the weary. He wakens me morning by morning, wakens my ear to listen like one being taught." (Isaiah 50:4) Encouragement for the journey.

### Practice includes:

- entering an intentional and regular relationship that fosters union with God
- opening your prayer life and experience of God to another for the sake of shared listening
- listening to your life and the desires God has placed in your heart
- to contemplate, consider, examen, wonder, reflect and meditate on the Spirit's **promptings**
- letting the Spirit set the direction of the discussion
- living by what God is saying to you
- allowing another set of eyes and ears to help you interpret your experiences and the voice of God

*"What a privilege it is to come alongside other brothers who share what is going with them and the spirit as we journey together. It also, helps me to listen more intently to the spirit in my own soul and with my time with my spiritual director. With more focus on silence, pausing to reflect more throughout the day as a result slowing down my pace and examining what is going on with the spirit and my soul more as I journey through the day. I believe these all prepare me to become a better spiritual director for my directees." Gary Tenpenny*

## Begin your journey at our weekend retreat.

Our Soul Care Retreat is the perfect entry point to start your journey. Develop wisdom and connect more deeply with God through prayer, silence, and solitude. You won't want to miss this experience.

**Register here for the retreat!**



<https://cmw.cbmc.com/events>

## Spiritual Direction (SD) is the practice of prayerfully discerning how God is at work in our lives.

I desire to help men in the marketplace to **"Slow Down and Become More"** for those they love, lead, and serve to make a greater Kingdom impact. Spiritual Direction helps business and professional men to draw closer to God by

being less busy and creating space for God to work in and through them. It is life giving and brings out the best in them and in all their relationships especially with God through the power of the Holy Spirit and His word.

### What Is Spiritual Direction?

Specifically, it involves exploring how He is working to shape and form us into the image of Christ through deepening intimacy with Himself. The Christian life often entails times of spiritual uncertainty—situations in which we are unsure of God’s will, confused about what God is doing in our circumstances, or generally dry in our relationship with God. Spiritual direction is a safe place to explore your questions and concerns about your life with God.

**A Christian spiritual director is a trained listener** *who will accompany you as you share about your spiritual journey*, helping you to notice God’s presence and activity along the way, as well as your personal reactions and responses. Hospitable, confidential, and grounded in biblical truth, spiritual direction is a ministry that helps you grow in prayer and live into your calling as a follower of Christ.

*“I’m noticing how much easier since my sabbatical it has been to reflect more about how God’s spirit is working in my life as I sit with others and direct them intentionally back to him as we help them create space for the spirit. My trust and pleasure in my relationship with the spirit is growing deeper and stronger through this partnership process – much like our Father designed it. The Triune GOD. God the Father creator of everything, we as his beloved children growing up in our desire to hear more old wisdom from his experiences, he wants us to inherit and pass on as we learn how to “wait on the Lord.” Gary Tenpenny*

### Distinctives of Christian Spiritual Direction.

Spirituality is something that is discussed across different faith and belief systems but understanding spirituality in a Christian context is unique. The discipline of Christian Spiritual Direction seeks to listen, pray, and discern based on an understanding of the Biblical text as God’s revelation of Himself as personal, redemptive, accessible, knowable, and mysterious. Christian Spiritual Direction centers around a Trinitarian (Father, Son, and Spirit) understanding of God with each playing a part in our lives.

### How does it work?

A Spiritual Direction session usually lasts about an hour and generally occurs monthly. Before setting up a formal session, a discussion to discern if director and directee are a good match and might work well together is important. Spiritual Directions begins and ends with quiet, reflective prayer. The listening and sharing of the session itself are also prayerful in its tone. Because of this, a location that can be quiet and private is essential.

### What is the cost for Spiritual Direction?

The cost of a Spiritual Direction session with Gary can be discussed at the time of the initial meeting, but one will never be turned away if there is financial distress. Payment can be made directly by [clicking online](#) at the time of the meeting.

*Gary has completed the training program **Selah Certificate in Spiritual Direction** from Leadership Transformations.*

[Learn more about Gary](#) and his coaching, mentoring, discipling, and spiritual direction services for men leaders in the marketplace. [Schedule an initial discussion with Gary](#), email [gtenpenny@cbmc.com](mailto:gtenpenny@cbmc.com) or call [913-219-9064](tel:913-219-9064).