

## Rev. Steve Stutz, D.Min Certified Spiritual Director and Life Transformation Coach

I love being a spiritual director and life coach. I was trained through the Formation in Direction program of the Episcopal Diocese of Texas in 2006. I received my M.Div from Concordia Seminary, St. Louis and my D.Min from Houston Graduate School of Theology. My coaching certification is from the Life Coach Institute of Orange County.

I am an experienced retreat leader and workshop presenter, having worked with groups in the US, Belize, Canada, and Africa. I am trained to facilitate the Ignatian 19th Annotation, have extensive experience in dream work, enneagram, individual and group discernment process, charismatic gifts of the Holy Spirit. I have taught on contemplative spirituality, meditation, and Christian healing.

I am a former parish pastor (14 years) and am currently known for my work as a transformational life coach. My materials are in use by people in nearly 30 countries.

I am a National Speakers Association ProTrack Graduate, and a Marriage and Family Life Counselor and Board Certified Licensed Pastoral Counselor through the Therapon Institute. I am a member of Houston Coaches, the International Order of St. Luke, and my church home is at Peace Lutheran (ELCA), in Pasadena, TX.

I am a Volunteer Docent at the Battleship Texas in Deer Park, TX and in my wife's 1st Grade Classroom at College Park Elementary, in LaPorte, Texas.

*"The purest faith has to be tested by silence in which we listen for the unexpected, in which we are open to what we do not yet know, and in which we slowly and gradually prepare for the day when we will reach out to a new level of being with God."*

*--Thomas Merton*

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Contact Me:

[steve@stevestutz.com](mailto:steve@stevestutz.com)

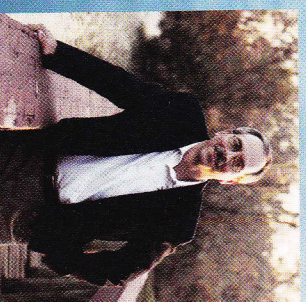
Skype:

[coachstevestutz](https://www.skype.com/user/coachstevestutz)

Twitter:

[@RevSteveStutz](https://twitter.com/RevSteveStutz)

(281) 804-6154



WHAT IS SPIRITUAL  
DIRECTION?  
*Discovering the Sacred in Your  
Everyday Life*

[www.stevestutz.com](http://www.stevestutz.com)

## What is Spiritual Direction?

While most people are unfamiliar with the term "spiritual direction", the practice itself is an ancient tradition of one person accompanying another in the spiritual life.

Jewish and Christian sacred scriptures alike highlight this kind of relationship. Elisha had Elijah. Ruth had Naomi. Esther had Mordecai. Timothy had Paul.

This same process of intentionally nurturing and responding to God's invitation to draw closer was faithfully practiced in the early church, began to take formal shape during the age of the desert fathers of the 3rd century, and was preserved by the faithfulness of the monastic movement through the dark ages to modern times.

The heart of the spiritual direction conversation is the director's ongoing relationship with God. The director seeks to support that relationship. Spiritual direction is considered a three-way conversation, remembering that God is always with us and is an active participant in the time together.

Spiritual direction is meant to help you learn how to be attentive to God's presence and action in your life and to make choices based on that awareness. It is a ministry of listening, discernment, and prayer in a confidential setting of encouragement and compassion.

The goal is that you would grow closer to God and become more the person that God created you to be.

## What Happens in a Spiritual Direction Session?

In the midst of a busy life, many people find it difficult to notice God's action in their daily affairs. Spiritual direction provides a place to notice, reflect, discern, and discover where God is present and active in our everyday lives.

The subject matter is whatever seems significant in your life at this time. It could be exploring a dream or critical issue, discerning life choices, discovering ways to pray, or simply acknowledging a longing or question that persists over time.

Spiritual direction takes place in a private, quiet and comfortable setting. With utmost respect, the director honors the confidential nature of the conversation. This means that I remain present to you through deep listening, evocative questions, support, and creating a safe environment where you can openly and prayerfully explore where God's spirit is leading.

**It is important to understand that spiritual direction is NOT counseling or therapy**, advice giving, teaching, or problem-solving. These things tend to be positive outcomes of being able to integrate spirituality into your daily life, leading to a deepening freedom to live a more authentic life.

## How Often Does Spiritual Direction Occur?

Typically, a monthly appointment for an hour is most common. This can be "in person" or via Skype or phone. An initial exploratory session is offered at no charge. If we sense that God is leading the relationship to continue, a second session is usually scheduled in two weeks. At this time, the fee is negotiated. I offer direction on a sliding scale of \$40-\$150 per session. I accept credit cards, Paypal, cash, and personal checks.