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Questions?

Further information

Apply online at www.zoegroup.org

How to apply

Rhonda Lowry currently serves as adjunct Professor of Spiritual Formation in the Christian School Institute of Leadership at Lipscomb University. Rhonda has an M.Div from Fuller Theological Seminary.

Gary Holloway is Associate Director of the Center for Spiritual Renewal (cfsr.lipscomb.edu) at Lipscomb University and preaches at the Natchez Trace Church in Nashville. He is author of several books, including one co-authored with Earl Laverder, *Living God's Love* (Leafwood).

Jackie Walstead is Chair of the Department of Marriage and Family Therapy, Abilene Christian University. She is a member of the Lay Cistercians of Gethsemani Abbey, and has a certificate in Leading Contemplative Prayer Groups and Retreats from Shalem Institute.

Randy Harris teaches at Abilene Christian University. He has participated in a 40 day contemplative prayer retreat in the Carmelite tradition and a 15 day experience of The Ignatian Exercises. He holds a certificate from the 2 year program in spiritual direction from the Shalem Institute.

Program Directors

Two spiritual growth programs from **The ZOE Group**

ZOE Growing Deeper & Spiritual Direction Programs

Two programs in Spiritual Growth from The ZOE Group

Do you want a closer walk with God? Do you want to know more about the practices and disciplines of Christian Spirituality? Then the first program, ZOE Growing Deeper, can help you. Participants experience what it's like to have a spiritual director who helps you learn and practice spiritual disciplines that lead deeper into relationship with God the Father, the Son, and the Holy Spirit.

Do you already have a disciplined life of study, prayer, and service? Do people gravitate toward you for spiritual guidance, and do you want to be more prepared to help them? Then the second level, the ZOE Spiritual Director Program, can help you. The 18-month training program is for those called to the ministry of spiritual guidance.

The heart of both programs is listening to God on behalf of a fellow pilgrim. These are not programs in pastoral counseling or therapy. Instead, the programs draw from the great Christian tradition of contemplative and prayerful discernment of God's work in our lives. Thus the primary skill to be learned is attending to God in all things.

ZOE Growing Deeper Program

ZOE Growing Deeper program provides spiritual directors who will help you go deeper in the disciplines and practices of Christian spirituality.

What the program offers

The one-year program gives you support of a praying community who share a spiritual journey with you.

You will have a mentor who will meet with you during your first residency to suggest a program and readings needed to support you in your walk with God. Scheduled contact with your mentor will provide opportunities for further suggested readings, reflections, and practices.

You will also be given guidelines for forming a spiritual guidance relationship with a small group of persons or at least one other person in your area.

The residential retreat offers a welcoming, prayerful experience with those who seek a deeper walk with God. The residency includes lectures, dialogues, group sessions, silent retreat time, spiritual practices, and fellowship with others who seek a deeper walk with God.

What you offer

Commitment to the following:

Dedicate to regular spiritual practices and write reflections on your readings.

Contact your mentor according to schedule given for the program, and pray for fellow participants.

Meet monthly for prayer with a spiritual community where you live.

Spend two days in solitary retreat.

Participate in two residency times, one five days and the second three days.

ZOE Spiritual Director Program

The ZOE Spiritual Director program provides training for those called to the ministry of spiritual guidance.

What the program offers

This 18-month program is intended to encourage, train, and give experience in one-to-one spiritual direction. The program will offer directed readings, contact with a spiritual mentor, two one-week residential retreats with other participants and staff, integrative response papers, and supervised internship in spiritual direction.

This program is for those who hear a call to spiritual direction, who are helping others see God's activity in their lives. Participants should have regular spiritual practices and already be respected by others for their Christian maturity and companionship.

A week-long residency in the summer and a week-long residency in the second summer. The residencies will include teaching on Scripture and spiritual discernment, the difference between spiritual direction and pastoral counseling, theological basis of spiritual guidance, group and one-on-one spiritual direction, and will include a time of guided silent retreat. The current program is limited to 16 participants.

What you offer

Commitment to the following:

Interact with at least two directees in your community.

Read from an extensive bibliography, focusing on contemplative presence and the ministry of spiritual direction.

Send recordings of your spiritual direction sessions to your mentor for accountability, support, and suggestions on improving as a spiritual director.

Write reflective papers describing how you integrate your personal spiritual unfolding, the readings, the residencies and your own ministry of spiritual direction; and brief periodic reports to ZOE.

Participate in two 5-day residencies and participate in at least thirty monthly sessions as a Spiritual Director with at least two directees between the two residencies.

Follow a rule of life that incorporates spiritual practices and personally schedule silent retreat times.