

Prayer Counseling Sessions

Would you like someone to journey with you in your prayer life with God?

I offer 30 – 45 minutes appointments available to you to reflect and go deeper into your spiritual life.

Cost: A \$20 offering is suggested for each session.

I will use the Ignatian Spiritual Exercises as a guide in the Christian tradition.

Questions we may reflect on during our time together:

First: How was God for you this month? When, where, how did you experience God's presence in your life? What was that like for you?

Second: How is your prayer life going? Have you prepared a prayer space in your home? Are you intentionally spending time in that space each day? How are you growing in your contemplative prayer practice? What is most difficult for you; what is most rewarding with this prayer practice of silence and listening?

Third: Were there any times during the month that you felt that God was at a distance? What was that like for you?

We end the session with prayer and if appropriate I would suggest a book or article for further reading and always I offer encouragement to continue daily praying in a contemplative manner...centering prayer, Lectio Divina, or daily Examen of Consciousness (Ignatian Spiritual Exercises).



About the Facilitator:

My name is Becky Hill. I have a Master's degree in Professional Counseling and I am an Associate Spiritual Director Intern as I complete the Spiritual Director Training Program at West Virginia Institute for Spirituality (WVIS). I am also working to complete my ordination certification through the Disciples of Christ Church.

I offer individual and group spiritual direction and prayer counseling. My practice is based in Roanoke, Virginia. I am offering my services on Zoom during this time of pandemic.

To set up an appointment call:

252-267-7240

or email:

becky.hill.sd@gmail.com