泉源輔導中心
Living Water Counselling Centre
www.lwcounselling.ca
Tel: 905-763-0818 • admin@lwcounselling.ca
165 East Beaver Creek Road, Unit 9, Richmond Hill, ON L4B 2N2

靈程導引 Spiritual Direction

什麼是靈程導引？

靈程導引是於神聖會晤中，靈修導師陪伴受導者一起聆聽、辨別及細察主心。目的是幫助受導者：

1. 留意神要對他說的話
2. 對神作出回應
3. 與神建立更親密的關係
4. 將這段關係活出來[1]

過程中，受導者漸漸能夠更覺察神的臨在，對神建立更深的信任與愛，讓神塑造生命，經歷生命的轉化、更新與醫治，活出真我，成為更合神心意的人，並以愛回應神。



https://connor.anglican.org

[1] Barry, W. A., & Connolly, W. J. (2009). *The Practice of Spiritual Direction* (Rev. and updated.). New York: HarperOne.

靈程導引、心理治療、教牧輔導之分別[2]

	靈程導引	心理治療	教牧輔導
焦點	對神的渴望	心理疾病	個人問題
目標	找到神的旨意	治療疾病	解決矛盾或問題

心理與靈性之關係

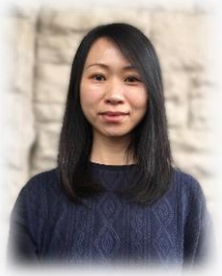
心理與靈性之間有着不可分割的關係。人的心理狀況會影響人與神、與自己、他人及世界的關係。同樣地，人與神的關係也影響着人與自己、他人及世界的連繫。當人與神的關係愈親密的時候，生命的各個層面便會愈邁向整全，以致能活出神所賜自由、豐盛的人生。

形式（實體/網上）

1. 個人靈程導引
   - 可按需要或定期(每月)約見
2. 小組靈程導引
   - 靈命塑造小組
     歡迎參加《靠近我主》靈命塑造小組系列，或個別團體(不少於6人)邀約主領。詳情請瀏覽泉源輔導中心網頁。
3. 退修/靜修
   - 歡迎個別或團體邀約

[2] Johnson, Ben. "Spiritual Direction in the Reformed Tradition." In *Spiritual Direction and the Care of Souls: A Guide to Christian Approaches and Practices*, edited by G. W. Moon & D. G. Benner, Downers Grove, Ill: InterVarsity Press, 2004.

靈修導師簡介



陸偉珊(Karina Luk)女士畢業於香港中文大學心理系，從事教育工作多年。及後分別取得教育碩士(香港)、專業輔導碩士(美國)及基督教靈修學碩士(香港)。其後於加拿大多倫多大學 Regis College 獲得文學碩士(主修靈程導引 Master of Arts in Ministry and Spirituality, Spiritual Direction Focus)及靈程導引文憑(Diploma in Spiritual Direction)。

Karina 深受耶穌會依納爵靈修傳統培育，致力透過依納爵靈修，幫助信徒與神建立更親密的關係。

費用

個人靈程導引每節 60 分鐘，費用為 95 元。若經濟上有需要，可根據收入按比例計算，歡迎查詢。

預約及查詢

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Spiritual Direction

What is Spiritual Direction?

Spiritual Direction is defined as help given by one believer to another that enables the latter to

1. pay attention to God's personal communication to him or her,
2. to respond to this personally communicating God,
3. to grow in intimacy with this God, and
4. to live out the consequences of the relationship.[1]

On the spiritual journey, directees will become more aware of the presence of God and grow in trusting and loving God. Such a relationship enables them to open their hearts to God to experience the transformation, renewal, and healing and hence help them live out their true selves and become the person they are meant to be and love and serve God in return.



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[1] Barry, W. A., & Connolly, W. J. (2009). *The Practice of Spiritual Direction* (Rev. and updated.). New York: HarperOne.

Differences between Spiritual Direction, Psychotherapy, and Pastoral Counselling[2]

	Spiritual Direction	Psychotherapy	Pastoral Counselling
Focus	Desire for God	Psychopathologies	Personal issues
Goal	Finding God's Will	Healing	Conflict or problem resolution

Psycho-spiritual Relationship

There is an inseparable relationship between psychology and spirituality. One's psychological state affects one's relationship with God, oneself, others, and the world. Likewise, one's relationship with God affects one's relationship with oneself, others, and the world. The more intimate the relationship between a person and God, the more all aspects of life will move toward wholeness so that the person can live out the free and abundant life that God has given him/her.

Mode (in-person/online)

1. **Individual** Spiritual Direction

- Meet when necessary or on a regular basis (monthly)

2. **Group** Spiritual Direction

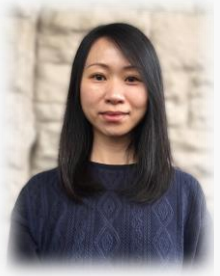
- Spiritual Formation Groups
  Welcome to join the Spiritual Formation Groups, *Drawing Close to God*, and accept individual group invitations (no less than 6 people). Please refer to LWCC website for details.

3. **Retreat**

- Welcome individuals or group invitations for spiritual direction during silent retreats.

[2] Johnson, Ben. "Spiritual Direction in the Reformed Tradition." In *Spiritual Direction and the Care of Souls: A Guide to Christian Approaches and Practices*, edited by G. W. Moon & D. G. Benner, Downers Grove, III: InterVarsity Press, 2004.

Spiritual Director



Ms. Karina W. S. LUK graduated from the Chinese University of Hong Kong major in Psychology. She was an experienced teacher. Karina holds Master's Degrees in Education (Hong Kong), Professional Counselling (US), and Christian Spirituality (Hong Kong). She completed her Master's Degree in Ministry and Spirituality, Spiritual Direction Focus, and Diploma in Spiritual Direction at Regis College, the Jesuit School of Theology at the University of Toronto, Canada.

Karina has received nurturance from the Jesuit Ignatian Spirituality. She commits herself to the Call to help believers grow in intimacy with God through this spiritual tradition.

Fees

The rate per one-hour session of **Individual** Spiritual Direction is $95. Fees can be adjusted to a sliding scale based on financial needs.
Welcome for inquiries.

Appointment & Inquiry

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