



*Spiritual companionship is a relationship between people founded on a common desire to seek to know God more deeply.*

*Our spiritual journey is meant to be traveled with others. Through conversation, listening, and praying together, spiritual companions discern God's activity, and encourage the Spirit's work in each other's lives.*

## THE PRACTICE OF SPIRITUAL COMPANIONSHIP

The primary intent of a spiritual companionship relationship is to pursue God together, and encourage each other toward spiritual maturity.

Spiritual companionship creates the kind of sacred space that Jesus talks about in Matthew 18:20: "For where two or three gather in my name, there am I with them." It is a space for the Spirit of God to dwell among his people and bring forth more of his Kingdom reality in our lives.

To begin, seek out another person who shares your desire to pursue God. Together, make a commitment to being open and honest, and decide on a rhythm of meeting. For example, you might choose to meet weekly for about an hour. Possible ideas for how to use your spiritual companionship time:

- Share about how you've been experiencing God's presence recently. How have you experienced connection or disconnection with God?
- Share about what is bothering you, what is getting in the way of your spiritual growth, the needs of your soul, or how you have been making space for God lately.
- As you each share, pay attention to the Spirit's voice on behalf of your friend. If you sense the Spirit saying something or stirring your spirit in some way, consider sharing that with the other person.
- In prayer, listen for what God wants to say to the other person. Allow your prayer for each other be shaped by what God is saying and doing.
- Consider how you each will intentionally and practically respond to God in the coming week. If there is a way you need your friend to help or keep you accountable, ask for that.

In spiritual companionship, you are trusting that God is the real one bringing transformation. It is not your role or responsibility to change another person, but to act as partners pursuing God and walking the spiritual journey together.