

Book Review

The Spiritual Director: Practising the Charism of Presence and Attention

by Julia Mourant

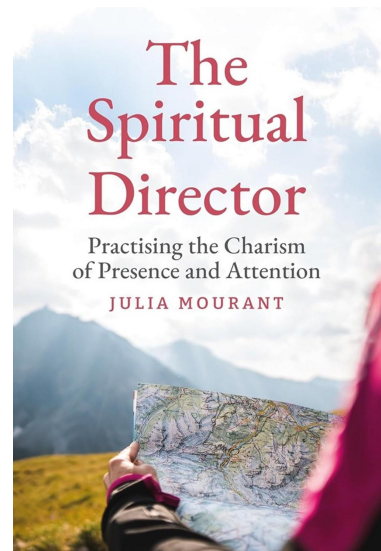
A Book That Turns Its Gaze Towards the Director

There are books that teach us *how* to be spiritual directors. There are books that offer models, theories, frameworks, and practical wisdom. Then there are books that gently turn the question around and ask:

Who is the person offering this ministry?

Julia Mourant's *The Spiritual Director: Practising the Charism of Presence and Attention* is one such book.

Rather than adding another layer of knowledge to master, Mourant invites us into a deeper exploration of the interior life from which spiritual direction flows. This is not a book primarily concerned with methods or techniques. Instead, it explores the qualities of presence, attentiveness, humility, and receptivity that sit at the heart of the ministry.



For those new to spiritual direction, the book offers a rich introduction to the ministry and disposition of the director. Yet perhaps its greatest gift is for those who have accompanied others for many years.

After years of listening, holding stories, discerning movements of Spirit, and creating sacred space for others, it can be easy to focus on the ministry itself and less on the one who ministers. Mourant gently invites experienced directors to return to the source, to revisit the questions that first called them into this work and to reflect on how the ministry continues to shape them.

This is a book for the heart as much as the head.

It reminds us that spiritual direction is not simply something we do. It is a way of being present to God, to another person, and to ourselves. In a culture often focused on outcomes and expertise, Mourant's invitation is both refreshing and timely: to cultivate the charism of presence and attention, and to trust that this may be one of the greatest gifts we offer.

Perhaps the question this book leaves us with is not, "*How can I become a better spiritual director?*" but rather,

"How is the ministry of spiritual direction continuing to form me?"