
[Streams of Grace Spiritual Direction]

[Spiritual Direction is a contemplative practice that assists individuals in one-hour, monthly meetings, in developing and cultivating a personal relationship with God that leads to transformation.]



About Laura Ann Lies

Laura graduated with a Certificate in Spiritual Direction in 2016 from The Christos Center for Spiritual Formation based in Minneapolis. She also has an M.S. degree in Human Resource Management and experience through Alpha as a Marriage & Parenting mentor.



Preparing for Spiritual Direction

Where am I now in my life?
What are my questions, doubts, confusions?
How do I feel about my relationship with God?
Which life decisions have me wondering God's will for me?
In what areas of my life do I sense God calling me to grow?

Spiritual Direction is many faceted

- Guidance for growth in your image of God and in methods of prayer
- Help in finding God in life's challenges
- Assistance in discerning God's will
- Help with inner healing work
- Companionship for the spiritual journey



Contact us

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