

SCHEDULING

To schedule your first session,
contact:

The Rev. Rob Spach

Email: rspach@firstpres-charlotte.org

Are you longing for a deeper
connection with God?

Curious about where God may
be leading you?

*Spiritual Direction
might be for you.*

SPIRITUAL DIRECTION

At First Presbyterian Church

*Deepen your relationship with God.
Discern God's calling in your life.*



First Presbyterian
Church of Charlotte

WHAT IS SPIRITUAL DIRECTION?

Spiritual Direction is an ongoing means of Christian formation guided by the Holy Spirit.

In a focused, confidential conversation, a trained spiritual director helps individuals:

- Consider their identity as a child of God
- Deepen awareness of God's presence and guidance in daily life
- Discern God's calling and movement in their lives

Sessions may include prayer, conversation, and silence, offering an unhurried space to share freely without fear of judgment.

Spiritual Direction is not about solving problems or giving advice but about helping individuals grow in faith and spiritual awareness.

SESSION DETAILS

Frequency: Once a month

Length: One hour per session

Duration: Up to six sessions available per individual

Location: In person at the church or virtual

Cost: No cost for First Presbyterian Church members and staff

Spiritual Direction is distinct from psychotherapy or pastoral care and is not intended to replace support for specific personal crises.

Note: If you wish to share personal concerns with the pastoral staff, please speak with a pastor other than your spiritual director.

About the Spiritual Director



The Rev. Rob Spach

Parish Associate, First Presbyterian Church

The Rev. Rob Spach is a trained Spiritual Director, having received his Certificate in Spiritual Direction from Columbia Theological Seminary. Spach is a graduate of Davidson College (A.B.), the University of Virginia (M.A.), Princeton Theological Seminary (M.Div.), and Columbia Theological Seminary (D.Min.). He served for 30 years as the Chaplain and Director of Religious & Spiritual Life at Davidson College, retiring in 2023. In addition to his ministry at FPC, Spach also offers spiritual direction through the Davidson Centre for the Professions and in his private practice, Hallowed Pathways.

FREQUENTLY ASKED QUESTIONS

Why participate in spiritual direction?

- To deepen your relationship with God
- To be intentional about your faith journey
- To discern God's calling in major life decisions
- To seek guidance during transitions, uncertainty, or spiritual dryness

Who is spiritual direction for?

Any church member seeking sustained spiritual reflection and growth.

What can I expect during sessions?

- A quiet, supportive conversation exploring your relationship with God
- A chance to grow in faith, prayer, and awareness
- After six sessions, you may have a more grounded spiritual practice and a clearer sense of God's invitation in your life

Is there a cost?

No, spiritual direction is offered at no cost to church members and staff.

What if I have more questions?

Contact the Rev. Rob Spach at rspach@firstpres-charlotte.org or speak with him in person.