



Bio of Sara Jones, CSD

I am a Certified Spiritual Director practicing for over 10 years and have an active practice. My spiritual direction education was completed at Perkins School of Theology at Southern Methodist University in Dallas, Texas. I studied under Fred Schmidt, a nationally known spiritual direction educator and author. I was drawn to spiritual direction by the question that lies in the heart of every Christian life – how do we know God’s will for our lives? Spiritual Direction has taught me to sharpen my discernment to recognize where God is active in my life and deepen my ability to hear God’s voice. I frequently lecture or present classes on Spiritual Direction. I have always been clear that my path to Spiritual Direction started when I made Lutheran Via de Cristo of North Texas weekend #29.