The Youth and Spiritual Accompaniment: The figure of the spiritual director

The following work touches on the topic of today’s youth, their spiritual formation as well as their spiritual director. The author shows a concise view of the contemporary meaning of the word youth. Through the prism of the *Final Document of the Bishops Synod on the Youth*, faith and vocational discernment, results based on studies done on an international level show us some relevant characteristics of today’s youth: *belonging and cooperation*, *personal and institutional reference points, high speed internet generation*. The importance, need, and key meaning of spiritual direction can be seen in a continuous formation process promoting spiritual growth of young people in their specific vocation which aids in the accomplishment of its goal, which is to help today’s youth to put on the spirit and heart of Jesus Christ, through the direction of the Holy Spirit. The theological character of spiritual direction does not exclude the help of other theological, social, and natural sciences such as pedagogy, sociology, psychology, as well as other sciences. For a fuller understanding of the problem the youth is facing, as well as their spiritual formation it is vital to take into account the spiritual director himself. From a quick preview of Thomas Dubay’s book *Seeking Spiritual Direction*, *How to Grow the Divine Life Within,* it is evident that for a spiritual director it is not enough simply to reach a certain level of academic knowledge. From a plethora of characteristics elaborated upon within Theological – Catechetical, and professional literature here we have chosen only a few relevant characteristics of a spiritual director who in the primary sense comes as *God’s witness*, because everything he does testifies for God, from which his authority as a “holy man” flows. A spiritual director, who in the person of Jesus Christ finds an ideal example how to accompany someone on a spiritual journey, possesses a s*piritual experience* which allows him to have a deeper understanding of the spiritual life so that he first looks at things not “according to the flesh”, but rather “according to the spirit” (Gal 5,16); *communication skills* as well as prudence and the knowledge of a particular individual, which requires psychological training, knowledge of a person’s biographical roots, an understanding of a person’s life and faith stances as well as his view of God.