

FR. RYSZARD SAWICKI*

**INSPIRATIONS OF THE TRADITION OF THE CHRISTIAN
SPIRITUALITY IN THE PRACTICE OF THE SPIRITUAL
GUIDANCE OF A VOLUNTEER**

SUMMARY

The leading purpose of the spiritual guidance is to deliver a necessary assistance in achieving the sainthood which means the perfection of love. The role of a spiritual director (guide) can be summarized as helping Holy Spirit to form Christ within each member of “Caritas” groups. A spiritual threat, which all volunteers of “Caritas” are exposed to, is an excessive activism which often makes volunteers forget to pray and proceed their spiritual lives. A spiritual director is supposed to control the activeness of a volunteer and make sure that an appropriate balance is maintained. To do volunteering is a chance for the youth to live their lives in a truly Christian way, full of love and care for others. The vocation and mission of volunteers, imbued with the spirit of the Gospel of love, play a special role in building the civilization of love in the modern world.

KEY WORDS: volunteering, spirituality, spiritual direction.

* Fr. Ryszard Sawicki – a doctoral candidate; The Cardinal Stefan Wyszyński University in Warsaw (Poland) and The Pontifical Faculty of Theology in Warsaw (Poland); e-mail: ry-siekskarzyn@o2.pl