

Xaverian Brothers C.F.X.



A Vowed Religious Life Vocation Tool . . .

Preparing Your Heart

Discernment is . . .

- Making a decision in relation to God.
- Being aware of what leads us to God and what takes us away from God.
- Valuing and including all elements of our life and history.
- Valuing and seeing ourselves in relationship to others.
- Knowing where you have been before you can make sense of where it is you want to go.
- Taking a direction

Self-awareness and discernment are the keys to understanding God's direction in our lives.

The Process of Discernment is . . .

Praying:

In silence remember . . .
How God works in your life . . .
How Jesus is present to you . . .
How God's promises are fulfilled in your life.

In solitude consider . . .
How Jesus may be calling you.

In expectation and surrender . . .
What do you expect and anticipate from God? What do you hope for?

Considering . . .

The pros and cons of possible choices – be open to all options.

Consulting . . .

Significant others who know you – family, friends, spiritual directors, vocation counselor.

Listening . . .

To your head (thoughts), heart feelings and spiritual experience.

Act . . .

By taking the first step toward a decision.

A Suggested way to pray . . .

1. Find a place, time that suits you.
2. Remember that you are in the presence of God. Quiet yourself.
3. Offer up this time to God. Ask God to assist you to focus.
4. Ask for the grace that you seek.
5. Take a phrase or passage of the scripture. Read it over once or twice or more. Put the passage aside and allow the words to enter your mind, heart and spirit.
6. Share whatever is in your heart with God.

Passages of Scripture on God's Call:

Genesis 12: 1-9 – Abram's call

Exodus 3: 1-15 – Moses' call

1 Samuel 3: 1-18 – Samuel's call

1 Samuel 16: 6-13 – David's call

Matthew 4: 18-22

Luke 5: 1-11, Luke 10: 38-42, John 20: 11-18

The Story of my call

I want to . . .

What are the “signs” that lead me to believe a call to vowed religious life may be an option for me?

When I hear the spirit calling me, what inspires me or moves me toward the call?

Luke 6: 12-16

I want to, but . . .

When I hear that areas of concern that prevent me from considering vowed religious life?

When I hear the spirit calling me, what blocks me or moves me away from the call?

Matthew 19: 16-22

Listening to myself

Spend some time in quiet reflecting on the following:

- Name your honest feelings. Can you trust them?
- What is your sense of the “inner voice,” the Lord within you?
- What is your gut-level intuition?
- What does this direction, decision, choice give life to you and others?

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