

SIX ESSENTIAL PRACTICES OF LIVING FOR CHRIST AND FOR OTHERS ON A DAILY BASIS.

1

PRAYER

We cannot presume to understand Jesus' call for our life by just a little prayer. It will take time to get to know Him, learn to hear His voice and open our heart to Him with honesty. No one cares more about you and understands more about what will truly make you happy than Christ Jesus! Be assured that prayer becomes infectious—the more we do it sincerely the more we want to do it. This prepares us to “Do whatever He asks”, even if we are afraid.

2

SACRAMENTS

God so desires to be in total communion with us that He actually offers to commune with us through healing, hearing, speaking and feeding us both spiritually and bodily in the Sacraments. This seems too good to be true but, it is! He wants to become one with you in body and spirit through the Sacraments and most profoundly in the Eucharist.

3

SCRIPTURE

Reading and praying with Scripture (particularly the Gospels) is indispensable in coming to know the Lord and to understand His call for you. God speaks directly and individually to each of our hearts through the Scriptures. We experience the life of Christ through the actions He lived and the words He spoke.

4

MENTORS

We are not made to walk alone in this world. Being vulnerable enough to share our life and our thoughts with those we trust can help to confirm or challenge our thoughts, giving us greater clarity in our decision-making. Our parents, family and friends, as well as, priests, religious brothers and sisters, consecrated men and women and holy people, of all types, can be invaluable sources in helping us to navigate life more successfully.

5

MEDIA

There are many different ways that we can learn about vocations through written, spoken and visual material. Books on spirituality, prayer and discernment and even the lives of the saints are very helpful in the journey to vocations. There also are great resources on the internet, including blogs, websites and videos highlighting marriage, diocesan priesthood and religious orders.

6

MINISTRY

We must put thought and word into action in order to truly have the rounded experience necessary for good discernment. Taking on ministries at the parish or elsewhere can greatly help us discover a vocation. Going on mission trips or even extended mission work can help clarify a call to a lifetime of living Christ's mission as a religious or consecrated person. All self-giving services is a valuable preparation, not only for successful discernment but, for a successful vocation.