

# Listening and Responding

## *How to discern one's vocation*

### Grades 9-12: Lesson 5

*Goal: Students will identify ways to foster a life open to hearing God's call to their vocation. They will recall the process for entering into one's vocation.*

**Scripture:** 1 Samuel 3:2-10

"...the Lord called Samuel... And Eli said to Samuel, '... if He calls you, say 'Speak, Lord, for your servant is listening.'" ...Then the Lord came and stood and called as at other times, 'Samuel! Samuel!' And Samuel said, 'Speak, for your servant is listening.'"

**Catechism:** YOUCAT # 493

*What are the characteristics of Christian prayer? **Christian prayer is prayer in the attitude of faith, hope and charity. It is persevering and resigns itself to the will of God (CCC 2655-2658, 2662)** Someone who prays as a Christian steps at that moment out of himself and enters into an attitude of trusting faith in the one God and Lord; at the same time he places all his hope in God- that HE will hear, understand, accept and perfect him. St. John Bosco once said, "To know the will of God, three things are required: prayer, waiting, taking counsel." Finally, Christian prayer is always an expression of love, which comes from Christ's love and seeks the divine love.*

Lesson:

1. Read 1 Samuel 3:2-10 together. *How did Samuel hear God's voice? Did he understand right away? How did he get help to understand?*
2. View *Father Mike Schmitz- How to Discern* (8 min)  
Review the fundamental truths that are the foundation of discernment.
  - God knows you better than you know yourself
  - God loves you better than you love yourselfReview and discuss the three questions you should ask yourself while discerning:
  - Am I in a state of grace? - plugged into God
  - Am I doing my daily duties? – practice saying 'yes' to God's will everyday
  - Did I pray today? – stop and let God talk to you; Scripture and Sacraments
3. Watch vocation discernment stories:
  - a. *Louis & Zelig Martin - parents of St. Therese of Lisieux* (2 mins) Introduces the beauty and holiness of marriage.
  - a. *A Vocation Story: Falling in Love* (6 min) Fr. Colin Wen, a priest of the Diocese of Sacramento, tells how God called him to the Catholic priesthood. Funny.
  - b. *Sisters of Charity- Sister Gabriela* (3 min) Sister Gabriela, a Sister of Charity, shares how she discerned her vocation to Religious Life.

4. How does someone enter Married Life, Priesthood or Religious Life?
  - a. Discuss the process discerning marriage- tell stories of faithful couples that you know.
  - b. Slideshow of the pictures showing the stages of formation in a religious community. Links found in Additional Resource section.
  - c. Show *A Day in the Life of a Seminary*
5. Homework/ A Step Beyond: Write a paragraph explaining how you plan to seek our Lord's will in your life. How will you stay open to hear His call for your life? Why is this important to you?
6. Prayer:

### **Bringing the Father's Love to the World**

Lord Jesus,

Please grant to me the grace to know my true vocation.

In Baptism I was signed in your name

and am growing to share in the work of bringing the Father's love to our world.

May I respond to the special life's work to which You are calling me.

I ask that many will hear the particular call to serve in the Church as priests, religious and lay faithful.

To whatever You ask of me, may I freely, courageously and lovingly respond.

Amen.

[http://mpdinc.org:8080/MPD/\\_prayers.jsp](http://mpdinc.org:8080/MPD/_prayers.jsp)

### **Additional or Follow-up Activity:**

Take your students to the chapel and pray together about their vocations.

*A variety of Rosary meditations and guided meditations are available at:*

<https://carmelitesistersocd.com/praying-for-vocations/>