



The Nourishing Vocation Project
Near and Now:
Vocare Spiritual Practice
Discernment as a Way of Life: Posture, Process, Practice

Vocare

Vocare is an ongoing spiritual practice designed to help you discern and embrace your multiple vocations so that you can more intentionally live life on purpose. *Vocare* invites regular reflection upon values, openness, call, attentiveness, regret, and the experience of God's presence.

Focus

You are invited to focus on your own **discernment** by reflecting on your personal posture, processes, and practices of decision making and contemplation. This focus will nourish in a particular way, God's call to ongoing holistic, vocational discernment. Use the time between the guided questions for your own reflection and meditation. Bring to mind an experience of **discernment** from your own life. Is this discernment past or present tense? How has this particular discernment shaped your life and its horizons?

Guided Reflection

Opening prayer

Help me, O God, to use the gifts you have given me for the common good. In the name of +Jesus, Amen.

*What life **values** are present for you in this experience of discernment? Are they your most important values?*

*What does this experience of discernment ask you to be **open** to? How easy is it for you to be open to this?*

*What voices are **calling** to you through this experience of discernment? Are these voices that you want to listen to?*

*As you consider this experience of discernment, what holds your **attention**? Is this where you want your attention to be?*

*What **regrets** does this experience of discernment bring to mind for you? What do you do with these regrets?*

*Where and how in this discernment, do you **experience God's presence**?*

Closing Prayer

Guide me daily to come to you, O God,
that I might see and hear anew your call for my life.
Help me to live the questions of my life in relationship with you,
trusting that you will walk with me into the answers.
When I am exhausted and overwhelmed,
meet me in my need and sustain me with your gifts of grace.
In the name of +Jesus, Amen.