



**The Nourishing Vocation Project
Near and Now:**

Holy Tending: the Art of Paying Attention – A Life Worthy of your Calling

Warm-up Question

What is God calling you to as you journey on this earth?



"Life Is A Journey" by [Easa Shamih \(iZZo\) | P.h.o.t.o.g.r.a.p.h.y](#) is licensed under [CC BY 2.0](#).

Discussion Questions

1. What do you see in this image?
2. What do you feel looking at this image?
3. What stories from your own life does this image bring to mind?
4. What stories of the world does this image bring to mind?

Lead a life worthy of the calling to which you have been called

Read [Ephesians 4:1-6](#)

Bible Story Reflection

We are one. Humanity is one. Creation is one. In body, Spirit, hope, faith, and baptism we are one. There is one Lord. There is one God and Father of all. These unifying characteristics of the Christian faith gather us together with humility, gentleness, and patience, thus allowing us to bear with one another through the gift of love bestowed upon us by Christ Jesus. This love that we first experience from God grants us the ability to love each other in the manner in which each of us need to be loved. This is not something that can be rushed. In loving our neighbors as we love ourselves, we are called to have kindness and gentleness and mercy with all of creation.

To love people well, including ourselves, takes time. It takes time to get to know ourselves and one another through the lens of Christ. This is called patience. Patience requires humility and gentleness and compassion. We are going to mess up because we are fully human. This patience is for both ourselves and others as well. Since we are one in body and baptism, we are also one in Christ. When we see ourselves as one body having one spirit then we are better equipped to make every effort to reestablish and maintain our unity in the triune God.

Leading lives worthy of our calling causes us to slow down and rid ourselves of distractions that destroy unity. Slowing down also helps us lean into what God is calling us to as we navigate along life's trails. Leading lives worthy of our calling guides us down the path of looking beyond what is on the outside of a person and instead focusing on the character held within. Experiencing people, including ourselves, through the lens of Christ unifies us in our faith and in our calling.

Just like we need trees to live, we need each other to live and thrive as well. The trees give off the oxygen we need to survive and in turn we exhale carbon dioxide that the trees need to survive. Similarly, God gives each of us gifts and callings that are necessary for us to thrive individually and collectively. We need each other. We are designed for community. We do not journey alone. Sometimes it is the people on the road with us that help us respond to God's call upon our lives.

Each of us has multiple callings from God, and when we work together those callings unite to uplift all of humanity. When we work together while using the gifts of our various callings we ensure that no one is left behind, no one is without, and no one feels outside of the community of creation.



Discussion Questions

1. What does the word “calling” mean to you?
2. Does everyone have callings? What makes you say “yes” or “no?”
3. What is community? How can one’s communities influence callings?
4. When do you feel most alone?
5. How do people impact your relationship with God?
6. What distractions take your focus away from God?
7. When do you feel closest to God?
8. How do you help bring a variety of voices to the table?
9. How do you extend a wide welcome to those who feel apart from community?

Activity Suggestions

Spend some quiet time in a place that brings you joy. Be open to messages from God while you enjoy the peace and comfort this sacred space brings.

Start a journal where you write messages to God containing your questions, prayers, concerns, or ponderings.

Call someone you’ve unintentionally lost contact with to reconnect and rebuild your relationship.

Prayer Concerns

Those who feel lost or alone, discernment, new journeys in life

Closing Prayer

When I am distracted by things that cause me to lose track of your call, O God, turn my attention back to you. In the name of +Jesus, Amen.

