



**The Nourishing Vocation Project**  
**Near and Now:**  
*Vocare Spiritual Practice*  
*Openness: Embracing Holy Indifference*

## **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 experiences of **openness**. Openness summons us to dwell in "holy indifference," focusing our hearts and minds not on outcomes or results, but rather concentrating on being sustained in every present moment by God who works all things for good. Use the time between the guided questions for your own reflection and meditation. Bring to mind an experience from your own life when you needed to be **open** to something. Is this an experience of openness that has reached a conclusion, or is it an experience of openness that is still unfolding? How has this particular experience of openness shaped your life and its horizons?

## **Guided Reflection**

### ***Opening prayer***

Open the eyes of my heart, O God, that I might see the hope to which you have called me. In the name of +Jesus, Amen.

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

*To what does this experience invite or compel you to be **open**? How easy is it for you to be open to this?*

*What voices are **calling** to you through this invitation to openness? Are these voices that you want to listen to? Why or why not?*

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

*What **regrets** does this invitation to openness bring to mind for you? What do you do with these regrets?*

*Where and how in this invitation to openness do you **experience God's presence**?*

***Closing Prayer***

Give me ears to hear and eyes to see, O God, your unfolding vision for me and for your world.  
Open me to where you are calling me, that I might go out in trust and hope.  
Accompany me on my seeking journey,  
And open my heart to understand where you would have me go.  
In the name of +Jesus, Amen.

