



The Nourishing Vocation Project
Near and Now:
Vocare Spiritual Practice
Well-being: Listening to your Longings

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 for the common good. *Vocare* invites regular reflection upon values, openness, call, attentiveness, regret, and the experience of God's presence. *Vocare* can be used by individuals, small groups, and whole congregations.

Focus

You are invited to focus on your own **well-being** by listening to your personal longings, and by so listening, nourish in a particular way, God's call upon your everyday life. Use the time between the guided questions for your own reflection and meditation. Bring to mind an **experience of longing** from your own life. Is this a story of longing-fulfilled, or is it a story of longing that lingers? How has this particular longing shaped your life and its horizons?

Guided Reflection

Opening prayer

Meet me in my longings gracious God, and quench my thirsty soul.

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

*To what does this longing ask you to be **open**? How easy is it for you to be open to this?*

*What **voices are calling** to you through this longing? Are these voices that you want or need to listen to?*

*As you consider this longing, what holds your **attention**? Is this where you want or need your attention to be?*

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

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

Closing Prayer

Bring your healing touch to the "if only" cries of my heart, O God.

Hear my voice when I call out to you,

Remember me in my longings.

And when they overwhelm me, help me to focus on you and trust in your promises for me.

In the name of Jesus, +Amen.