

## Nourishing Vocation Lectionary

### Phase 1: Nourishing Personal Vocational Discernment

#### Section 7: Discernment as a Way of Life - Posture, Process, Practice

From 1 Corinthians 12:1-11, John 1:43-51, John 3, 1 Kings 19:1-10

Discernment can be tricky. The world holds many possibilities and presents us with many choices; sometimes it feels like we have multiple great options in front of us, while other times it feels like every possible path we could take would be terrible. In all of this, it can be difficult to feel where the Spirit is calling us or what God would have us do. In order to be open to the word of God, we must be prepared both to listen with openness and to reject calls that are not from God. The call of God may come to us via advice from trusted friends or mentors, via a chance encounter with a stranger, or via an inner voice. We can be best prepared to receive this call when we are taking care of ourselves in body, mind, and spirit, so that we have energy and attention to devote to the call when it comes.

The reading from 1 Corinthians encourages us to discern which gifts are from the Spirit, both in order to determine how we may best serve our communities and in order to understand which types of speech and messages are of God and which are of some other origin. The passage from the first chapter of John calls us to discern where Jesus is in our lives and to find holiness even in places we consider unlikely to contain any. The reading from the third chapter of John further encourages us to discern where God is and what God is doing, both through our personal encounters with others and through the testimony we hear, even indirectly. The passage from 1 Kings reminds us to discern God's presence in that which sustains us—bodily as well as spiritually—and to tend to our bodies with sleep and nourishment as we discern our callings in the wider world.

Together these readings remind us to pay attention to God's presence in our lives and the gifts, both physical and spiritual, that God gives us.