



Newark
Priest



GUIDE TO DISCERNMENT

How to hear your vocational calling.





WHERE DO I BEGIN MY DISCERNMENT?

Discernment is not a neatly packaged or predictable series of steps: it's not like signing up for a college course, or completing the levels of a video game.

Instead, discernment is founded upon a real life that is lived in relationship with the real God—there is no set timeline for that!

When we have matured enough in that relationship, God knows we are then ready to be sent out for a particular mission, AKA, our VOCATION.

While there may not be a schedule for this, there are particularly important elements that develop one's relationship with the Lord, leading to preparedness for fruitful discernment.

GO DEEPER

- GoPriest.com,
- [Discernment podcasts](#)
- [Video: Father Mike Schmitz - The #1 Mistake People Make When Discerning Their Vocation](#)



RECEIVE THE SACRAMENTS

Receive Baptism, Confirmation, and First Communion, then go regularly to Mass and Confession.

[CCC 1212-1419](#)

[Here's Why You Should Go to Mass](#)

[CCC 1420-1532](#)



PRACTICE PRAYER

Ask God every day what his calling is for you.

[CCC 2558ff](#)

[pray a rosary to help discern your vocation](#)

[or pray the USCCB's prayer to discern a vocation.](#)

"EACH OF YOU HAS A PERSONAL VOCATION
WHICH HE HAS GIVEN YOU FOR YOUR OWN
JOY AND SANCTITY"

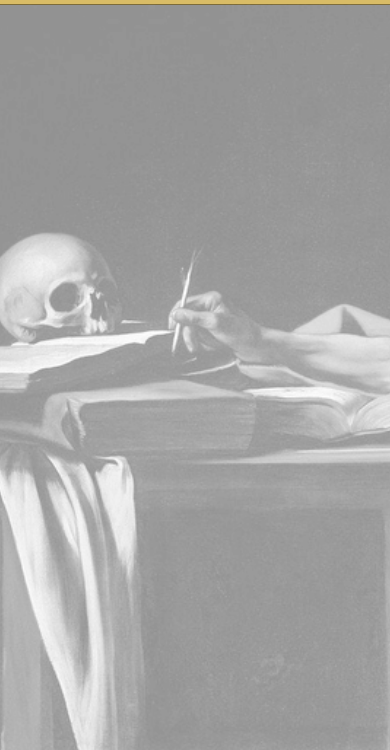
Pope Benedict XVI

ATTEND EUCHARISTIC ADORATION

Go to Jesus where he gave himself to you most especially in the Eucharist. Try a Holy Hour and spend time with him.

[How to Pray a Holy Hour](#)





PRAY THE LECTIO DIVINA

Listen to God through his words in Scripture

[Lectio Divina, A Guide: What it is & How It helps Prayer Life](#)

“NO VOCATION IS BORN OF ITSELF OR LIVES FOR ITSELF. A VOCATION FLOWS FROM THE HEART OF GOD AND BLOSSOMS IN THE GOOD SOIL OF FAITHFUL PEOPLE.”

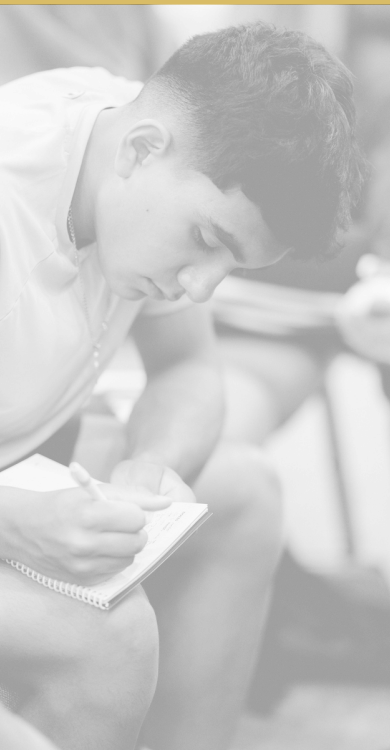
Pope Francis

GET INVOLVED

Help out at your parish or in a local charity

Contact your parish for their specific opportunities with their ministries and charities





READ

Pick up a book, peruse an article online, leaf through a pamphlet...they are all great ways to learn more

Discernment 180, To Save A Thousand Souls,

authors C.S. Lewis and Michael Kelly

(they have some excellent essays and books about Christianity)

"DO NOT BE AFRAID. DO NOT BE SATISFIED WITH
MEDIOCRITY. PUT OUT INTO THE DEEP AND LET
DOWN YOUR NETS FOR A CATCH"

St John Paul II

HAVE A CONVERSATION

Talk with your pastor, parochial vicar, teacher, catechist, parent, or someone you trust to listen and guide you without judgement





SEEK SPIRITUAL DIRECTION

Find a holy guide to walk with you during your discernment.

[Video: Spiritual Direction in a Nutshell with Fr. Boniface Hicks, About Spiritual Direction](#)



"GOD HAS CREATED MY HEART ONLY FOR HIMSELF.
HE ASKS ME TO GIVE IT TO HIM THAT HE MAY MAKE
IT HAPPY."

St John Vianney

GO TO VOCATION EVENTS

Visit our Attend page for our events calendar and a list of events for different age groups.

[Attend a Come & See with the Archdiocese of Newark](#)





CONTACT YOUR VOCATION DIRECTOR

Reach out to Father Patrick. Having someone to walk with you on what can be an uncertain and confusing journey of discernment can be extremely important, and being that someone is a vocation director's purpose.

“I AM NOT AFRAID, I WAS BORN FOR THIS!”

St Jeanne D'Arc

MORE IDEAS

Need more ideas? Have some of your own?
Email us at newarkpriest@rcan.org or call (973) 313-6190.