

## Some Practical Help for Discerning a Monastic Vocation



1. Be Open to the Holy Spirit. The Holy Spirit works in all kinds of ways, both interiorly and exteriorly-through prayer and books, through meeting other consecrated men and women, through a persistent feeling that won't go away.

2. Time for Reflection and Prayer: Take time to be still and to listen to the voice of the Lord as He speaks to your heart. It is often in silence that we hear the Lord calling us. Prayer in front of the Blessed Sacrament is especially good.

3. Read scripture, particularly the stories of people trying to figure out how God is calling them and how they can respond. Here are some of those stories
  - a. Mary ([Luke 1:26-38](#))
  - b. Ruth ([Book of Ruth 1:15-18](#))
  - c. Disciples ([John 1:35-50](#))
  - d. Jeremiah ([Jeremiah 1: 4-10](#))
  - e. Isaiah ([Isaiah 6:1-10](#); [49:1-6](#))
  - f. Samuel ([1 Samuel 3:1-21](#))
  - g. John and Peter ([Matthew 4:18-22](#))
  - h. Paul ([Romans 1:1-7](#);
4. Ask someone who is wise to help you to discern God's will for you- Choose somebody you can be open with, who can help you to develop your relationship with God and to help you know yourself better.
5. Ask the priest in your parish to put you in touch with the Diocesan Vocation's Director.
6. Read some good books on the subject of the monastic life, or search the web sites of religious communities.
7. Write to the monastic communities that interest you.
8. Visit a community that interests you, and ask to speak to the Novice Mistress.
9. Begin to get to know the community that you feel called to. Personal contact with a community can be very helpful in discerning; it can take the process out of the abstract and into real life. Building a relationship with a particular community will help to clarify things for you. You may have a sense of "coming home", and this is often a sign that God may be calling you to this community.
10. Always remember that discerning your vocation is a process. God's timing is always perfect - but seldom seems soon enough. Wait for the Lord to speak to your heart and then RESPOND!



### Prayer for Guidance

*"Most gracious and glorious God  
enlighten the darkness of my heart  
and grant me, O Lord,  
a deeper faith,  
a certain hope,  
a true charity,  
sense and knowledge,  
that I may carry out,  
Your holy and perfect will".*