



5 Ways to Discern

Take time for personal prayer: As the foundation for discerning your vocation and deepening your relationship with Christ, dedicate time each day to encountering God through prayer.

Celebrate the Sacraments: The Holy Spirit powerfully works when you approach the Sacrament of Reconciliation with humility and openness. Get into the practice of going to confession frequently. It is also crucial to make an effort to attend Mass weekly; daily if possible.

Find a Spiritual Director: Discerning the action of the Holy Spirit is more productive with the help of a priest or religious who can offer sound spiritual guidance. His or her primary role is to listen and point out the movements of grace in your life.

Contact the Vocation Director: The role of the Vocation Director is to help you further listen to what God is calling you, to answer questions, and help discern where you are being called.

Visit a Community: Take the leap of faith and be open and receptive to the Holy Spirit. Schedule a visit through the Vocation Director and allow the Spirit to inspire.

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