

# Vocational Pot Roast

Jenny Johns, *Apostolate Director*

Many young people often ask, "How do I discern my vocation," or even in the smaller decisions in life, "How do I know I'm doing the will of God?" I praise God that these questions are being asked because if they aren't, we are falling short of what we've been created for and settling for what the world has planned for us.

We have been made by God, for God, out of love, in order to love. We each have a unique call, a specific mission, a purpose so intricately woven in each of us...we each have a vocation. Vocation is simply a call, an invitation to love. And discernment is simply allowing the Lord to unwrap the treasure that we are. Once we begin to know the truth about ourselves and the truth about Jesus Christ, we begin to recognize our gifts and how we can best use them to love and serve one another.

If we are serious about doing the will of God then we need to roll up our sleeves and dig in to Him. Vocation is like pot roast. You don't microwave pot roast! It takes time to wash and chop the vegetables, to properly season the roast and place it in the crock pot to cook all day long. The aroma fills the house and your taste buds begin to water. "It's not done yet," your mother yells! We must wait patiently...and when we do, we get a tasty feast!

There are 3 major ingredients to any dish of discernment, whether it be vocational, occupational or your next adventure in life.

## Daily Encounter

We need to encounter Jesus Christ daily through prayer. When He calls, He often whispers, and if we are distracted by all the noise of the world, we're gonna miss the memo! Frequent the Sacraments of Confession and Holy Eucharist! Suggestions: 15 minutes or more of silent prayer each day, daily rosary, daily mass, liturgy of the hours.

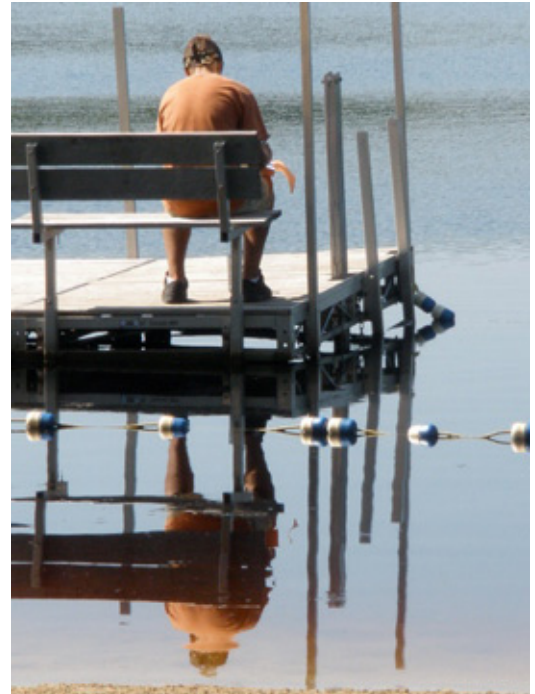
## Spiritual Director/Mentor

It is important to find a spiritual director or mentor who can guide us in discovering the road to sanctity. Meeting once a month with this person will help reveal the truth about ourselves and the truth about where He is calling. Be open! Be honest! Be vulnerable!

## Love

Be present to where God has called you now. "Love, Love, Love...never counting the cost," as it says in Catherine Doherty's *Little Mandate*. Love is risky, but when we make a gift of ourselves in service to one another, we find our true selves.

Surrender in Love to God's will and God's time! Be patient and trust. If we are seeking, it will happen when it's time! This time of simmering in the crock pot is a beautiful time of adventure and discovery and often times we are so caught up in getting to the destination that we forget to look out the windows and enjoy the ride!



## *Dare to Love*

Love appeared to me to be the hinge of my vocation. I knew that the Church had a heart and that such a heart appeared to be aflame with love. I knew that one love drove the members of the church to action, that if this love were extinguished, the apostles would have proclaimed the Gospels no longer, the martyrs would have shed their blood no more. I saw and realized that love sets off the bounds of all vocations, that love is everything, that this same love embraces every time and every place. In one word, that love is everlasting. Then, nearly ecstatic with the supreme joy in my soul, I proclaimed: "O Jesus, my love, at last I have found my calling: my call is love. Certainly I have found my proper place in the Church, and you gave me that very place, my God. In the heart of the Church, my mother, I will be love, and thus I will be all things, as my desire finds its direction."

From the autobiography *Story of a Soul* by St. Therese of Lisieux