

Attentive and Discerning

We are called to specific vocations to live out an abundant, fruitful life in light of our God given gifts and personalities (John 10:10)

IT IS YOUR CALL BUT

**True spiritual discernment
requires listening
with *both* mind and heart.**

-- Gordon T. Smith

If we nurture *attentiveness* in our pupils, they will practise *discernment*, make good decisions in their lives and accept responsibility for their actions; this can be achieved by promoting the practice of *attentive reflection* and *discerning decision making*: in teaching, in the examen, prayer and retreats; and through the practice and example of School Leaders and Staff.

We all need to be *attentive* to our experience and to our vocation; and *discerning* about the choices we make and the effects of those choices.

Attentive to the big and the small things, to the responses of other people, to the stirrings in our hearts, and to the preoccupations that thread their way through our lives. Being *attentive* takes practice; it is much easier to rush from one thing to the next, taking little time to notice anything. Once we develop the habit of being *attentive*, we can begin to *discern* what is good for us and what is not; and what God calls us to be, and to do.

"The assumption of spirituality is that always God is doing something before I know it. So the task is not to get God to do something I think needs be done, but to become aware of what God is doing so I can respond to it and participate and take delight in it."

Eugene Peterson

HOW CAN I BE SPIRITUALLY DISCERNING?

- DESIRE IT.
- "Make your ear attentive to wisdom, incline your heart to understanding; for if you cry for *discernment*, lift your voice for understanding; if you seek her as silver, and search for her as for hidden treasures; then you will *discern* the fear of the Lord, and discover the knowledge of God." Proverbs 2:2-5



*"Therefore I prayed and understanding
was given to me; I called on God,
and the spirit of Wisdom came to me."*

-Wisdom 7:7

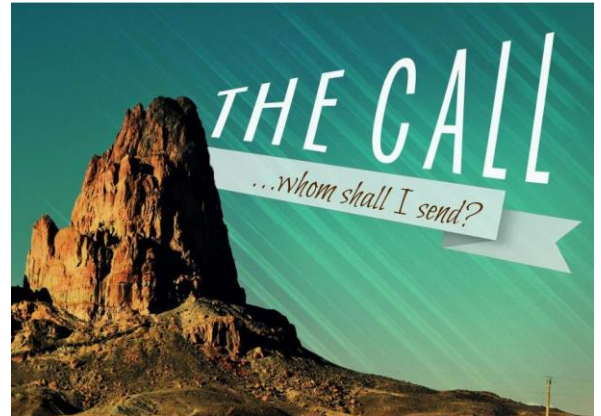
Discernment is the ability to
see things for what they
REALLY are and not for what
you **WANT** them to be.

A Prayer of St. Ignatius

Lord, teach me to be generous.
Teach me to serve you as you deserve;
To give and not to count the cost;
To fight and not to heed the wounds;
To toil and not to seek for rest;
To labour and not to ask for reward;
Save that of knowing that I do your will.
Amen.

Try reading these Bible Stories to understand more ...

When God calls ... GO!



Old Testament Scripture
The call of Samuel (1 Samuel 3: 1-10)

"Speak Lord, for Your servant is listening."

New Testament Scripture



Jesus Calls His Disciples
(Matthew 4:18-22; Mark 1:16-34; Luke 5:1-11)

"Come follow me ... I will make you fishers of men."

Saul's conversion on the road to Damascus (Acts 9:1-20)

"Saul, Saul, why do you persecute me?"

*"I once was lost but now am found,
was blind but now I see."*





You only have so much emotional energy each day. Don't spend it on things that don't matter or on people who don't value you or your time. Be discerning.

D. Reinberg

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Prayer
To Live God's Loving Plan

Lord, from all eternity
You know me, choose me,
love me, call me.

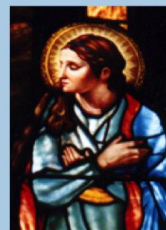
Every day You invite me
to a life full of joy, love,
& meaning!
You call me
to become more truly myself,
and more of You.

You who love me through and through,
and know every stirring of my heart,
have gifted me with a unique vocation
where the world's deepest needs meet my deepest joy.

Grant me the openness to hear Your call,
the faith to trust Your love,
the courage to choose You, Master,
as You have chosen me,
and a generous heart
that falls ever more deeply in love with You.

Mary, God's Mother and mine,
you joyfully and fully responded to God's call.
Help me to respond to God's plan for me
with all my being, as you did.

Hail Mary...



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