



FRANCISCAN FRIARS  
*of the*  
ATONEMENT™



10 TIPS FOR  
DISCERNING THE  
WILL OF GOD

# 10 TIPS FOR DISCERNING THE WILL OF GOD

Discerning your vocation can be overwhelming, but remember that God is with you. He has known the plans of your life since before the world began and desires for you to live your life fully and with great joy. Here are the top 10 tips for gaining wisdom about your life and hearing God's call for your vocation.

## 1. Write In A Prayer Journal

There are many prayer journals with scripture and devotional prayers already printed in them, but you can also just grab a notepad and a pen. Prayer doesn't have to be complicated. Simply write down your specific intentions in the front, then fill the free space with thoughts, fears, questions, and hopes. You may even find that drawing while praying brings you peace- go for it! The important part is that you spend time with the Lord.



## 2. Set A Prayer Appointment

This can be difficult if you have a busy schedule, but it usually most helpful when you're the busiest! Life moves fast. Plan out your week by making an appointment with God every day. It's ok if the time has to change day-to-day, the important part is getting you into the habit of daily prayer that is longer than 5 minutes.

## 3. Get Out In Nature

Recognize the beauty, truth, and goodness in God's creation. Going on an excursion, be it the mountains, beach, or desert, will help you cut out the "white noise" of daily life. There's a reason the Bible says, "Be still and know that I am God." A natural setting is the best place to be still and listen for God's calling!

## 4. Rely On Others

Remember the friends who lowered down the sick man through the roof so that Jesus could heal him? Let your friends and family take your prayer requests to God. Write down (maybe in that lovely prayer journal of yours) at least five people you know who love God and love their Catholic faith. Ask them to pray for you daily, maybe even start a text or email chain so people can have reminders and keep in touch with you.



## 5. Seek Out Stories

It's important to hear what others have been through on their journey of vocational discernment. You may have similar hopes and hesitations. Glean wisdom from their experience. Remember that your story will be different and don't compare yourself to them. But do seek out what each story reveals and look for ways that God made a path for them. You'll start to see Him making a path in your own life as well.

## 6. Receive The Sacraments

Receiving the Lord through the Eucharist — daily if you can—and frequently participating in Sacrament of Reconciliation form us in the ways and of the Lord and help us hear His guidance.

## 7. Read The Psalms

St. Anthony of Padua had a book of Psalms that was very precious to him and he was known to use the Psalms in many of his sermons. Spending time in these beautiful songs will help you see the deep love that God has for you and allow you to open up to what He has in store for you.

## 8. Devote Yourself To The Holy Spirit

How easy it is for us to forget the gifts of the Holy Spirit that were sealed at Confirmation! The Holy Spirit grants us wisdom, understanding, knowledge, counsel, piety, fortitude, and fear of the Lord. Yet we often forget how powerful the guidance of the Holy Spirit is. Call on the Spirit's presence every day and do not be afraid. God has sent the Holy Spirit to you and will never forsake you.

## 9. Find A Mentor

Spiritual direction is a crucial piece to your discernment journey. Confide in someone who can help you determine your options and who listens to your concerns. Ideally, it would be a priest, deacon, or religious brother, but many married people once went through a time of discernment for religious life. Confide in them!

## 10. Go On A Retreat

Commit to strengthening your spiritual muscles, learning from Holy Scripture and the saints, and spending time alone with God. A retreat is the perfect way to hit the “reset button” and gain clarity about your next steps in life. You can find retreats all across the country, the world even, for different lengths of time. Whether it’s a weekend or a month, a dedicated time will allow peace to rule in your life and help you hear God’s voice.

There are many opportunities offered by the Franciscan Friars of the Atonement.

You can find them online at:

[www.atonementfriars.org/discern-your-vocation/](http://www.atonementfriars.org/discern-your-vocation/)

