



# VOCATION

## Ministry Resources

Ministries Activities

Commitment Cards

## Ministry Resources

### Liturgical Ministries (Lectors, Eucharistic Ministers, Choir, Ushers)

- Brief reflection before or after Mass: “This week, consider how your ministry is part of your vocation — serving God’s people in worship.”

### Religious Education / Catechists / Youth Faith Formation

- Lesson Plans: Short session on “What is Vocation?” with age-appropriate activities (drawing, journaling, discussion).
- Commitment Cards: Have kids/teens fill out the stewardship of vocation cards during class.
- Saint Stories: Share saints from different vocations (St. Gianna Molla — married, Bl. Pier Giorgio — single layman, St. John Vianney — priest, St. Clare — religious).
- Family Take-Home Sheet: Encourage parents to talk about their vocations at home.

### Youth Ministry

- Small Group Nights: Questions like “What does vocation look like right now for me as a teen?”
- Social Media Challenge: Post one way they lived their vocation that week (with hashtag #CalledToServe).
- Guest Panel: Invite a married couple, a religious sister, a priest, and a single lay leader to share their vocation journeys.
- Vocations Discernment Night: Host a night of prayer and conversation on discovering one’s call. Include small group questions, personal testimonies, and time in silent prayer.
- Retreat on Identity and Calling: Organize a mini-retreat focused on “Who has God created me to be?” Include Scripture, quiet time, and a witness talk from someone living their vocation joyfully.
- Prayer for Vocations Challenge: Commit to praying a decade of the Rosary or specific prayers for vocations each day as a group for one week or month.

### Marriage & Family Ministry

- Marriage Enrichment Nights: Reflection: “How is our marriage a vocation of stewardship?”
- Family Prayer Card: Distribute cards with a vocation prayer families can say together.
- Parent Resources: Encourage parents to talk with children about vocation as daily discipleship.
- Witness Talks: Couples share how they see marriage and family life as vocation at parish events.

### Catholic Schools / Campus Ministry

- Vocation Across the Curriculum: Integrate vocation into religion, history, and literature classes.
- Student Commitment Cards: Encourage students to write/draw how they will live their vocation.
- Prayer Services: Centered on “God calls each of us.”
- Career/Vocation Day: Invite speakers to share how their work is part of their vocation, not just a job.

### Prayer & Spiritual Life Groups (Rosary, Adoration, Small Groups, Bible Study).

- Holy Hour for All Vocations: Pray for priests, religious, married couples, parents, single disciples.
- Reflection Prompts: Bible study questions: “How does this passage help me live my vocation?”
- Prayer Cards: Provide a parish-wide vocation prayer for all groups.

### Service & Outreach Ministries (Food pantry, St. Vincent de Paul, Social Concerns, etc.).

- Reflection Before Serving: Remind volunteers: “This is part of your vocation — to love and serve as Christ did.”
- Storytelling: Share volunteer testimonies in the parish bulletin or website.
- Tie to Baptism: Frame service as a baptismal call, not just a good deed.

# Commitment Card for Middle School and High School

Name: \_\_\_\_\_

Grade: \_\_\_\_\_ School/Parish: \_\_\_\_\_

## 1. My Vocation Today

I recognize my vocation right now as a:

☐ Student   ☐ Son/Daughter   ☐ Friend   ☐ Parish Minister (altar server, lector, choir, youth ministry, etc.)

☐ Other: \_\_\_\_\_

## 2. My Gifts and Talents

The gifts and talents God has given me are:

I will use these gifts this year to serve:

☐ My family   ☐ My school   ☐ My parish   ☐ My community

(Write one specific way:)

## 3. Growing in My Faith

One step I will take this year to grow closer to God is:

☐ Daily prayer / journaling   ☐ Reading Scripture   ☐ Attending Mass more often

☐ Serving in parish ministry   ☐ Other: \_\_\_\_\_

## 4. Discerning the Future

I am open to exploring God's call for my future:

☐ Married Life   ☐ Single Life   ☐ Priesthood (for young men)   ☐ Religious Life (for young men or women)   ☐ I'm not sure yet — but I want to listen for God's call.

**Would you like to learn more about vocations to priesthood or religious life?**

☐ Yes, please contact me with more information   ☐ Maybe later   ☐ Not at this time

## 5. My Prayer of Commitment

Lord, thank You for calling me by name. Help me to live my vocation with joy, generosity, and courage. Guide me to discover the plan You have for my life and give me the strength to say "yes." Amen.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **Commitment Card for Elementary Students**

### **My Vocation as a Child of God**

Name: \_\_\_\_\_

Grade: \_\_\_\_\_ School/Parish: \_\_\_\_\_

My gifts from God are: \_\_\_\_\_

This week, I will live my vocation by:

- ☐ Being kind at school
- ☐ Helping at home
- ☐ Praying for others
- ☐ Sharing with a friend
- ☐ Other: \_\_\_\_\_

“God has called me by name and I am His.” — Isaiah 43:1

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