



CORE RE VOCATIONS

STUDENT WORKBOOK

Name _____

Class _____



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Important Information

Welcome to your Vocations Module Workbook. Inside you will find everything you need to complete the module; each lesson has a task and an extended piece of writing. You will find the final assessment in Lesson 7, and this will draw together everything you have learnt throughout the module. There is also a separate section for notes at the back to write down any thoughts that might come up.

The module is there to also help you **discern** your life and think about the major decisions that you may encounter moving forward. Everybody makes decisions daily, no matter how big or small, and some decisions take more time. This module will help you think about those decisions, giving you time to think, pray and talk to others around you that you can trust, to help guide you.

Key terms will be outlined in each lesson to develop your understanding.

Within the module you will come across some abbreviations that are linked to Church Documents. To help you we have put together a guide for you here:

Abbreviations	
AL	Amoris Lateitia
CCC	Catechism of the Catholic Church
CV	Christus Vivit
EG	Evangelii Gaudium
FC	Familiaris Consortio
GE	Gaudete et Exultate
LE	Laborem Exercens
PV	Pastores Dabo Vobis
RCIA	Rite of Christian Initiation of Adults
ESV	English Standard Revised Version (Bible Translation)

There are links to helpful websites at the end of the module which you can go for further reading.

In each lesson there is a section for you to '**write some notes**' which allows you to write down anything you feel relevant from the lesson that is delivered or from your class discussions.

Lesson 1: Vocation & Discernment & Single Life

Opening Prayer:

God our Father,
Thank you for calling us all to take part in your plan for our world.
Send us your Holy Spirit to open our hearts to you,
and to our brothers and sisters whom you have created.
Enlighten our minds, that we may discern the path we should follow.
Give us courage to live a life that gives glory to you and brings joy to our lives.
We ask this through Jesus your Son,
Amen.

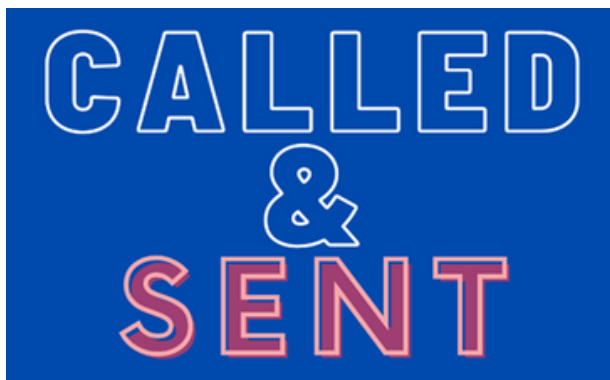
Learning Objectives:

- To understand that we are ALL called by God to contribute in a positive and life-giving way to his divine plan for the world.
- To understand what DISCERNMENT is and how to DISCERN our own lives.
- To understand the many ways God can call us to live our life, and that we can choose how to serve him and our world.
- To understand that through Baptism we are anointed Priest, Prophet and King.

The word "vocation" can be understood in a broad sense as a calling from God, including the call to life, the call to friendship with him, the call to holiness, and so forth.
CV 248

Vocation comes from the Latin word 'Vocare' which means to 'call' and we are ALL called by God in different ways.

What is meant by this is that God wants to be in relationship with us; that is why he speaks or 'calls' us. But, when God calls, he also sends.



Prayer:

*"Prayer is the raising of one's mind and heart to God or the requesting of good things from God."
St John Damascene CCC 2559.*

Prayer is not just about speaking or reading words. Prayer is a conversation with God; it is speaking and listening, listening with our hearts rather than with our ears.

Write some notes:

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Task:

*"Where does Jesus send us? There are no borders, no limits: he sends us everywhere".
CV 177*

1. What is the meaning of the word 'vocation'?

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2. Define what is meant by the words 'called' and 'sent'.

Called:

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Sent:

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Discernment:

Discernment is necessary not only at extraordinary times, when we need to resolve grave problems and make crucial decisions. It is a means of spiritual combat for helping us to follow the Lord more faithfully. We need it at all times, to help us recognize God's timetable, lest we fail to heed the promptings of his grace and disregard his invitation to grow. GE 169

Discernment means to work out what to do in the light of prayer and reflection. The root of the word means 'sifting' which means to sort out, and in this context, it is to sort out what God's plan is for you.

Task:

Define the word 'discernment':

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2. Identify three ways we can discern.

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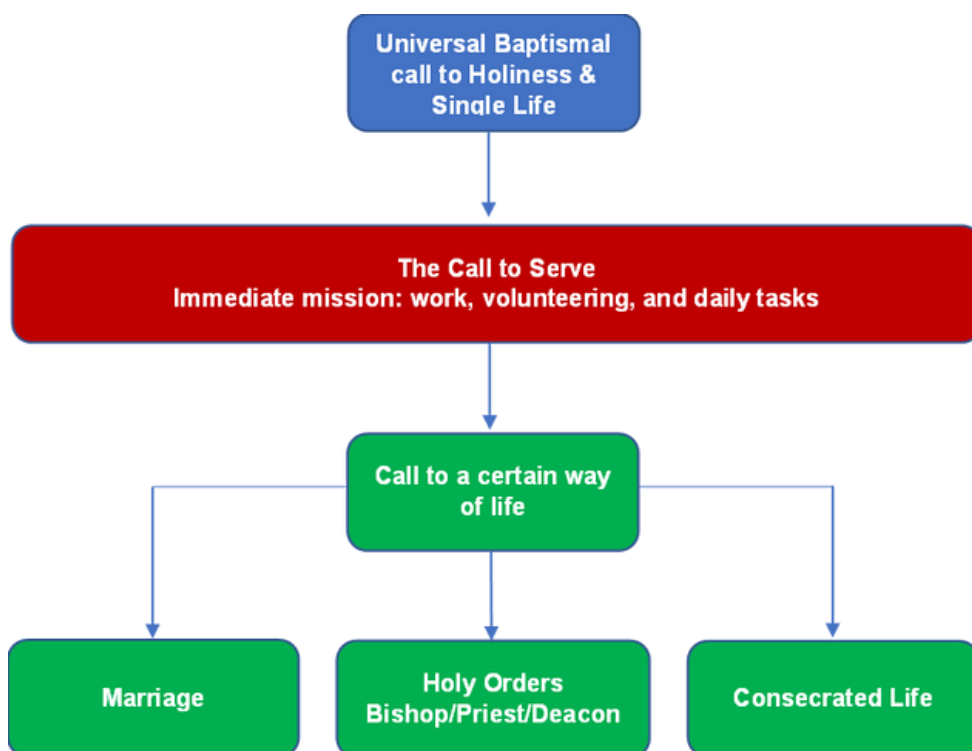
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Ways we can be called:

There are as many different vocations as there are people who have been born. We are all created uniquely, with a mission that only we can do. In these lessons we will look at 3 senses of Vocation:

- The universal call to 'holiness' – Baptismal vocation, the Single life.
- The Call to Serve, which focuses on all immediate tasks, for example work, volunteering, and daily tasks. The three ways to discern and live out vocation.
- The call to a certain way of life.

The Three Senses of Vocation:



Universal Call to Holiness and the Joy of the Single Life:

God is love and in Himself He lives a mystery of personal loving communion. Creating the human race in His own image and continually keeping it in being, God inscribed in the humanity of man and woman the vocation, and thus the capacity and responsibility, of love and communion.

"Love is therefore the fundamental and innate vocation of every human being"

FC 11

Let the grace of your baptism bear fruit in a path of holiness.

GE 15

Baptised as Priest, Prophet and King:

The vocation to holiness is already a part of everyone’s life. It is important to remember this, especially when we feel undecided as to where God is leading us. Through Baptism we are anointed Priest, Prophet and King. We are all called to share in this threefold role of Jesus. Let us briefly take a look at all three and see why they play a part in everyone’s vocation.

Write some notes on Priest, Prophet and King:

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Examples of Priest, Prophet & King:

Priest: At times we are called to silence and a deep relationship with God.

Prophet: At times we might be called to speak out.

King: At times we can be called to care, especially for our families or to help build community.

It is important to recognise that we are all called and use these areas to identify where we are heading or being guided within our own life and Christian journey.

Task :

1. Explain what Priest, Prophet and King mean.

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2. Identify how you serve as Priest, Prophet and King:

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The Joy of Single Life:

Jesus was a single person, and in him you can find a source of inspiration for the many things you can achieve or do in your lives.

'Those who are single, even if not by their own choice, can offer a particular witness to that vocation through their own path of personal growth'. CV 267

Write some notes:

'He predestined us for adoption as sons through Jesus Christ, according to the purpose of his will'
Ephesians 5:1 ESV

'I am a mission on this earth; that is the reason why I am here in this world.'
EG 273

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Young people can be very holy; here are some examples of young holy people:

- St. Dominic Savio (died 14 years old)
- St Maria Goretti (died age 11)
- Blessed Carlo Acutis (died age 15, born in London, UK)

Write some notes:

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Extended writing task:

1. Does God call everyone?
 - a. Discuss this question with reference to the universal call to holiness.
 - b. Where might God be calling you to as we begin this module?

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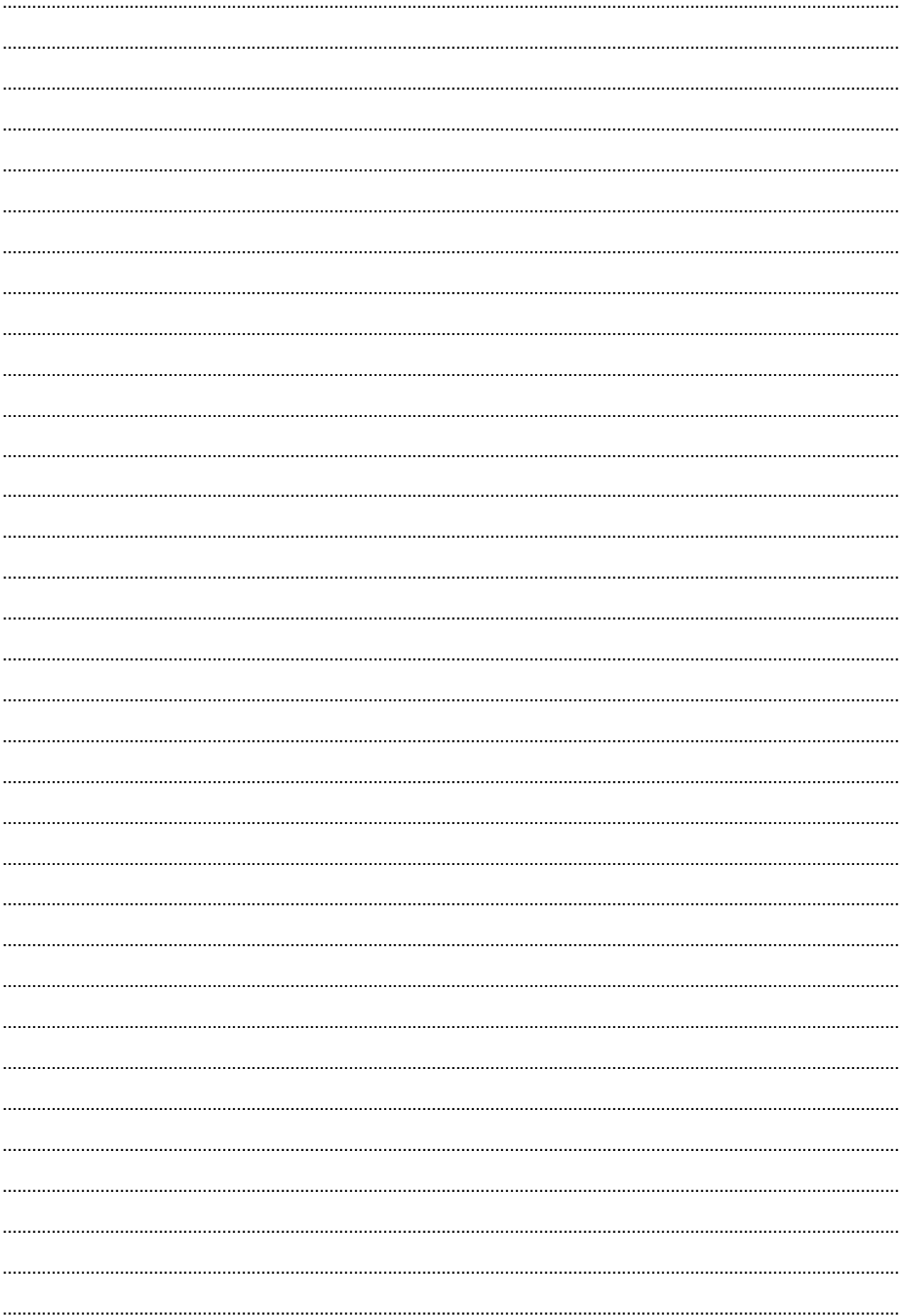
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Lesson 2 – The Call to Serve

The greatest among you shall be your servant. (Matt 23:11)

Opening Prayer:

Almighty God,
We come to you today with hearts wide open
so that we can listen to your call.
We pray that you will lead and guide us
in the plans you have for us.
Help us to respond to your call in our daily lives,
and better our communities through our actions,
which we pray leads us to holiness.
We make this prayer through Christ, our Lord.
Amen

Learning Objectives:

- To understand where God is calling us to in the immediate future.
- To understand that this third stage of our vocation may change.
- To identify different places God can put us in so that we fulfil our daily mission.

Our lives are made up of ever-changing tasks, and through those tasks we are called to serve God and those around us.

Jesus said, ‘the greatest among you shall be your servant’ (Matt 23:11), and the service that Jesus speaks of here is humility, striving to live out God’s call to love and help those who are around us. This service can be through the job we work in, our activities (such as volunteering or helping), and our own day to day tasks. This part of our vocation can change regularly or infrequently; however, it is important to explore how we live out God’s call in these areas.

Write some notes: (think about how we can serve to benefit society)

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“Business is a vocation, and a noble vocation, provided that those engaged in it see themselves challenged by a greater meaning in life; this will enable them truly to serve the common good by striving to increase the goods of this world and to make them more accessible to all”. EG 203

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Therefore, what we do in our daily work contributes towards God’s plan for us. Every act of work brings about our dignity, whether this is paid employment or voluntary. St Pope John Paul II stated in *Laborem Exercens* that work is an inherently human act:

*‘The Lord God took the man and put him in the garden of Eden to work it and keep it.’
(Genesis 2:15)*

*The Church finds in the very first pages of the Book of Genesis the source of her conviction that work is a fundamental dimension of human existence on earth.
LE 4*

In St John Henry Newman’s prayer we read:

‘God has created me to do him some definite service. He has committed some work to me which He has not committed to another. I have my mission.’

You are now at the stage in life when you are thinking (discerning) of what to do: university, college, jobs, and apprenticeships and this all links in with our immediate vocation. It is good to dream big, and we should never stop dreaming about what we think we want to do and what we think God wants us to do.

Task:

1. Write out a list of dreams starting from what you are thinking of doing when you leave school, to where you want to be in years to come.

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2. Other than work, what else will God call us to?

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Corporal and Spiritual Works of Mercy

The corporal and spiritual works of mercy continue in our own day to be proof of mercy's immense positive influence as a social value. Mercy impels us to roll up our sleeves and set about restoring dignity to millions of people; they are our brothers and sisters who, with us, are called to build a "city which is reliable." Misericordia et misera. 18

Task:

Write down the Corporal and Spiritual Works of Mercy and how they can be practiced:

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“A bit of mercy makes the world less cold and more just”
Pope Francis, Angelus Prayer 17th March 2013

We are called to practice these works of mercy in our daily lives. These are certain ways we can live out our vocation in our daily lives. For some of us we may be called to work in a particular area that will support a particular work of mercy, for example:

- A doctor: Caring for the sick
- A funeral director: Burying the dead
- A charity worker: Sheltering the homeless or feeding the hungry

Even if we are living a certain way of life, we can carry out these works of mercy, for example:

- A priest: visiting the imprisoned or admonishing the sinner
- A religious: instructing the ignorant and praying for the living and the dead
- Married: visiting the sick and counselling the doubtful.

These are just a few examples of the many ways that we will all encounter the Corporal and Spiritual Works of Mercy in our lifetime.

Task:

Write a list of all the Corporal and Spiritual Works of Mercy you have knowingly undertaken in your life. Rate which you feel is the most important.

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Debate:

This house believes that the laity (a person not ordained or a consecrated religious) are called to carry out the Corporal Works of Mercy more frequently than the Spiritual Works of Mercy.

Split the group into two and have one argue for the case and one argue against.

Write your notes below.

Lesson 3 – Marriage

Opening Prayer:

God our Father,
we pray in thanksgiving for the vocation to marriage
and for each couple that you join together in order to make a family.
We ask that every marriage brings each couple closer to you and closer to holiness.
We pray for those who are struggling in their relationships at present,
that they can make it through this tough time and support each other.
We make this prayer through Christ, your Son, our Lord.
Amen.

Learning Objectives:

- To understand that marriage is a vocation.
- To understand why people get married.
- To explore the call to love as the central part of marriage, which is at the heart of the vocation.

The Catholic Church teaches that marriage is a vocation. We are all called to live a life of love and holiness through the gift of ourselves to others. Marriage, therefore, is more than just a legally binding document that is signed on the day of the wedding.

Write some notes:

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'God who created man out of love also calls him to love the fundamental and innate vocation of every human being.'
CCC 1604

'Therefore, a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.'
Gen 2:24

Married life is a process of growth, in which each spouse is God's means of helping the other to mature... Fostering growth means helping a person to shape his or her own identity. Love is thus a kind of craftsmanship...At every new stage, they can keep "forming" one another. Love makes each wait for the other with the patience of a craftsman, a patience which comes from God. AL 221

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'Christian marriage in its turn becomes an efficacious sign, the sacrament of the covenant of Christ and the Church. Since it signifies and communicates grace, marriage between baptized persons is a true sacrament of the New Covenant'. CCC 1617

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The purposes for Catholic marriage are ultimately:

- Sanctification of the spouses to grow in holiness.
- For the procreation and education of children.

Marriage is not only the building of a relationship between spouses, but it's also about building a home and family. A simple way to think of marriage is that couples help each other get to heaven; this is what is meant by sanctification and growth in holiness.

Write some notes:

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Lesson 4 – Holy Orders

Opening Prayer:

God our Father,
We pray in thanksgiving for our deacons, priests, and bishops.
We ask that you guide them in their work for the Church and
give them a deep faith that they may inspire us and those
who are discerning the vocation to Holy Orders.
We pray for an increase in vocations to the priesthood,
that those called will answer and serve you.
We make this prayer through Christ, our Lord.
Amen.

Learning Objectives:

- To understand the difference between deacons, priests, and bishops.
- To explore why men become priests.
- To understand the day-to-day role of a priest.

The Church as the people of God is made up of different roles and responsibilities in a hierarchical structure:

‘for the nurturing and constant growth of the People of God, Christ the Lord instituted in His Church a variety of ministries, which work for the good of the whole body. For those ministers, who are endowed with sacred power, serve their brethren, so that all who are of the People of God, and therefore enjoy a true Christian dignity, working toward a common goal freely and in an orderly way, may arrive at salvation’
(Lumen Gentium 18).

The love of Jesus our High Priest is made present in the pastoral work of bishops, priests and deacons, the three ordained ministries of the Catholic Church. The three ordained ministries will remain the living sign and instrument of Christ the Good Shepherd.

‘Today the word "ordination" is reserved for the sacramental act which integrates a man into the order of bishops, presbyters, or deacons’
CCC 1538

Deacon:

Write some notes about the Deacon with a focus on the role of a Deacon:

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*'Deacons receive the strength to serve the people of God in the diaconia of liturgy, word and charity, in communion with the bishop and his presbyterate.'
CCC 875*

Priesthood:

The priest's life is shaped around that of Christ, and the day-to-day activities vary. The priest being ordained or set aside for the service of God and the faithful, acts in the Sacraments, 'in persona Christi capitis,' or in the person of Christ, the Head of His Church. It is Christ himself who is present in the celebration of the Sacraments and therefore, the priest is acting in Christ's name.

'In the ecclesial service of the ordained minister, it is Christ himself who is present to his Church as Head of his Body, Shepherd of his flock, high priest of the redemptive sacrifice, Teacher of Truth. This is what the Church means by saying that the priest, by virtue of the sacrament of Holy Orders, acts in persona Christi Capitis' CCC 1548

Write some notes about the Priesthood with a focus on the role of a priest:

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Seminary:

The priesthood is a relationship with Jesus Christ, that continues to grow; it is very different to a career. Men who are discerning their call to the priesthood would attend seminary in order to prepare correctly for their vocation to the priesthood. Seminary is a place where men go to for several years to receive formation. This is done through study, prayer and engaging in works that will help them when going into a parish once they are ordained. Priests can also be asked to undertake further study to specialise in scripture or other areas of theology.

The main areas of formation for men entering into seminary would consist of:

- Spiritual Life
- Community Life
- Social Life
- Personal Life
- Apostolic Life
- Intellectual Life

The whole purpose of these areas of formation is to be more configured or conformed to Christ through the prayer life, the Word of God, the celebration of the Liturgy, fraternal life, and serving others.

It is really important for a seminarian to live a very holistic life, meaning that each one will develop in all areas of life. Some seminaries have their own sports teams and community evenings in the pub.

"To live in the seminary, which is a school of the Gospel, means to follow Christ as the apostles did. You are led by Christ into the service of God the Father and of all people, under the guidance of the Holy Spirit. PV 42

Questions:

1. Write down ways in which seminary life prepares men for priesthood.

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2. What do you think you would be enjoyable about seminary life?

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3. What do you think you would find challenging?

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Bishop:

The vocation to be a bishop is unique. A man cannot discern to be a bishop; it is the choice of the Church, and it is the fullest obedience to accept. The bishop is called to be a leader and pastor to his people, especially those that are within his Diocese.

Just as "by the Lord's institution, St. Peter and the rest of the apostles constitute a single apostolic college, so in like fashion the Roman Pontiff, Peter's successor, and the bishops, the successors of the apostles, are related with and united to one another. CCC 880

The bishop is called to follow in the footsteps of the apostles, in other words, being a successor of the Apostles, and guide the people and priests of the diocese; the earliest of bishops are recorded in the Bible, Timothy and Titus.

Write some notes about the bishop with a focus on the role of a Bishop:

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Extended writing task:

Think about a particular saint that you know who lived their life as a bishop, priest or deacon and write down why they inspire you.

Think of a particular deacon, priest or bishop (perhaps one that visits the school) and write down why they might inspire you.

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Lesson 5 – Consecrated Religious Life

Opening Prayer:

Heavenly Father,
we thank you for your providence in calling many men and women
to consecrate their lives to you,
and to undivided service of their brothers and sisters.
Bless them for their self-offering.
Help them be steadfast in witnessing to your kingdom.
May the face of your Son, Jesus our Lord, shine through them,
and may your Holy Spirit animate them,
that your name may be glorified and the Good News
may be proclaimed, making disciples of all nations.
We ask this through Christ Our Lord,
Amen.

Learning Objectives:

- Understand what it means to be a consecrated religious.
- Identify the different kinds of religious life and their congregations.
- Explore how to become a consecrated religious.

Consecrated Religious are people who are sometimes known as monks, nuns, priests, brothers, or sisters. They are called to be a sign of how life will be in the next life, the Kingdom coming among us.

That is one of the reasons they do not get married, because we do not marry in the next life, 'for in the resurrection they neither marry nor are given in marriage but are like angels in heaven'. Matthew 22:30 (ESV).

Write some notes on Consecrated Religious Life:

'The state of consecrated life is thus one way of experiencing a "more intimate" consecration, rooted in Baptism and dedicated totally to God'. CCC 916

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The life consecrated to God is characterized by the public profession of the evangelical counsels of poverty, chastity, and obedience, in a stable state of life recognized by the Church'. CCC 944

Task:

Write down the definition of Poverty, Chastity and Obedience:

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Different kinds of consecrated religious:

The different types of consecrated religious life can be separated into broad categories: Contemplative or Monastic, and Apostolic or Missionary.

Write some notes on contemplative, apostolic and missionary religious life:

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Task:

1. Refer back to your notes on the three vows:

- Poverty
- Chastity
- Obedience

Explain what each of these mean in the context of Religious Life and write down in your opinion which you think you would find the most difficult to live out?

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2. You will be split into three groups and you will focus on the 3 different types of Religious Life:

- Contemplative/Monastic
- Apostolic
- Missionary

Each group will present back with an advert as to why people should join their way of life looking at the core mission of that way of life and the challenges which help develop each person.

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Glossary

Baptism: First Sacrament of Initiation, giving a share in the divine life of God and cleanses us from Original Sin.

Catholic: meaning “universal”.

Church: all the people who, through Baptism have become part of the Body of Christ.

Discernment: to work out what to do in the light of prayer and reflection. The root of the word means ‘sifting’ which means to sort out, and in this context, it is to sort out what God’s plan is for you.

Discipleship: imitating the example of Christ and living a life pleasing to God.

Eucharist: representing Jesus’ sacrifice on the cross. Truly the body and blood, soul and divinity of Jesus Christ.

Grace: supernatural help from god that leads to conversion and assists in the avoidance of sin and the pursuit to holiness.

Holiness: state of Christian perfection and one which all are called to, relying on God’s grace and mercy.

Holy Spirit: the proper name of the one whom we adore and glorify with the Father and the Son. The Church has received this name from the Lord and professes it in the Baptism of her new children (CCC 691).

In persona Christi Capitis: Latin for “in the person of Christ the head”, a role which is given by way of virtue at Ordination of bishops and priests, to celebrate the Sacraments.

Jesus Christ: the second person of the Holy Trinity, God’s only begotten Son.

Original Sin: the first sin committed by Adam and Eve, which passed down, overcome by the graces of Baptism.

Sacrament: the sacraments are perceptible signs (words and actions) accessible to our human nature. By the action of Christ and the power of the Holy Spirit they make present efficaciously the grace that they signify (CCC 1084).

Trinity: central mystery of Christian faith and life. The belief that the Father, Son and Holy Spirit are three distinct persons, one God sharing a single divine nature.

Vocation: from the Latin word ‘Vocare’ which means to ‘call’ and we are ALL called by God in different ways.

Further reading and useful websites

National Office for Vocation: www.ukvocation.org

UK Priest: www.ukpriest.org

Papal Encyclicals: www.papalencyclicals.net/

Catechism of the Catholic Church: www.vatican.va/archive/ENG0015/INDEX.HTM



National Office
for Vocation

Helping people hear God's call