

The CONNECT section of the Parent Sheet connects you with the information that was presented to your teen in our last small discipleship group. The DISCUSS section contains questions that you can use to start meaningful discussion on the topic covered and how it relates to your teen's life. The COMMIT section explains to you the commitment or challenge that your teen committed to as a way to grow in his/her faith.

God has created each of us with a specific mission in mind. In this session we defined vocation—whether the priesthood, consecrated life, or married life—in terms of purpose, identity and mission. In addition, we discussed how to discern one's vocation by listening with the desires of our hearts and offering those desires in trustful surrender to the will of God.

## CONNECT

7. We asked you to imagine that you could choose from the following list. You might want to talk with your teen about those and why.

1. A high-paying job
2. A best friend for your lifetime
3. A hiding place where the worries and struggles of life never bother you
4. A round-the-world, expenses-paid, one-year vacation around the world
5. A large, loving family
6. Peak physical fitness and health
7. National recognition as an expert in your field
8. Inheriting a vast fortune to spend any way that you want to
9. Receiving the Nobel Prize for a significant contribution to humanity
10. Knowing for certain what you are supposed to do with the rest of your life

*"For I know the plans I have for you, says the LORD, plans for welfare and not for evil, to give you a future and a hope."*

—Jeremiah 29:11

# PARENT TIP

Share with your teen why you believe it is important to intentionally discern his or her vocation.

## DISCUSS

- » Developmental psychologists have determined that when young people find nothing to dedicate themselves to when growing up, it becomes increasingly difficult for them to acquire a motivating belief system later in life. This commonly results in low self-esteem, depression, and a host of self-destructive behaviors. Why do you think a sense of purpose in life leads to a stronger self-esteem and positive behavior?

*(Self-respect is having confidence in oneself. It is defined as "a feeling that one is behaving with honor and dignity." Honor and dignity are acquired when there is integrity with one's beliefs and actions. Faith gives a sense of purpose and meaning in life that inspires someone to grow. If life is meaningless, there is no great cause to draw someone out of his or her own selfish interests.)*

- » What does this saying mean to you? "No Jesus, no peace! Know Jesus, know peace!"
- » Pope Francis told the pilgrims at World Youth Day Rio 2013: "God calls you to make definitive choices, and He has a plan for each of you: to discover that plan and to respond to your vocation is to move toward personal fulfillment." What do you think would be personally fulfilling about the priesthood? What do you think would be personally fulfilling about consecrated life? What do you think would be personally fulfilling about married life?

## COMMIT

This week participants were challenged to pray daily by using the suggestions that were presented in the session: First, be attentive to the desires of your heart. Second, tell God those desires. And third, ask God to build up and make strong the desires that are from Him and to take away those desires in your heart that are not from Him.

*"If we let Christ into our lives, we lose nothing, nothing, absolutely nothing of what makes life free, beautiful and great!"*

—Pope Benedict XVI