

Guidance for finding Mission/Commitment

1. Pray Alphonsus prayer form: "Plentiful Redemption," Dennis Billy C.S.s.R., Chapter 1 pgs. 1-20 and Chapter 2 pgs. 21-37; hand-out in class (Emphasis on Alphonsus prayer being practical and continual p.15)
2. Pay attention to thoughts and feelings. Notice where your heart is being touched. Who are you having stronger feelings of compassion for at this time? Who are you paying more attention to? Who do you hope can have a better life? Where is your heart opening? Where are you being guided by feelings, or senses, or constancy?
3. Continue to pray and ask God for help in discerning what you are called to do.
4. (optional) Talk about your process and what you think you are called to with another associate in formation, Fr, Paul or Lee, or write it out so you see what you believe is guidance. Pray with it
5. Give your choice some time. Continue to watch and notice movement of your heart toward your commitment
6. If you are conflicted between two or three things Hell God in prayer that you need help choosing or understanding if you are able to do all of them.
7. Imagine yourself at the end of the year commitment. Are you peaceful? Do you find comfort in the way you have used your time?
8. In silence Imagine God is speaking to you about the commitment/mission you have chosen. What is God saying to you?