

## Let your Life Speak: Discover your Call from God



**Hearing God's call:** There are many ways to hear God's call because we are all unique individuals. Throughout the years and across different traditions, people have heard God's call during moments of quiet prayer and reflection, and in moments of active engagement with others. Over the coming week, we invite you to explore how you can hear God's call during contemplative prayer and in community.

**In prayer:** A variety of resources are available to support the practice of contemplative prayer. As a starting point you could review this website:

<https://contemplativeoutreachco.org/>

Also, the Centre for Action and Contemplation has a helpful playlist of meditation practices on YouTube:

<https://www.youtube.com/playlist?list=PLiBbgGAOPnXPITvcmWRNTQRZaP9Pslyur>

**In community:** Ask a friend to listen as you reflect aloud on the following kinds of questions. You don't have to answer all, or any, of these questions...they are simply examples to get you started:

What kind of activities do you most enjoy? What sort of activities come easily to you? What do people say you are good at doing? In your view, what are your abilities? What are you most passionate about? What do you most value? What are the core principles you would devote time to furthering? What causes or groups of people do you most care about?

After your friend has listened carefully, they could summarize what they've heard you say. Then you can ask your friend to share their opinions and observations. Perhaps they will notice something you haven't thought of before.

These kinds of activities can help you realize that God's call is alive within you, guiding your life and inspiring you to give of your time and talents in ways that bring joy and purpose. Let's embrace this journey – let your life speak – to see how God can use each of us to make a difference.