

## Vocation Talk: High School 2 - High School (Grades 9-12)

**PLEASE NOTE:** you do not have to memorize or read from this script; you should feel free to put it in your own words, and, if desired, to add your own personal examples and stories.

**PLEASE ALSO NOTE:** this vocations talk requires the use of a video (described below), so you will need to use a classroom that is equipped with both a video screen and a computer that is connected to the Internet. The video is brief—only about five minutes—so you can still plan to allow your talk to take up the majority of the time that’s been allotted for you by the teacher or the group that is hosting you.

[YOU WILL NEED TO COPY THE PRAYER THAT APPEARS AT THE END OF THIS TALK AND HAVE A SUFFICIENT NUMBER OF COPIES TO GIVE TO THE STUDENTS IN THE CLASS TO WHICH YOU’RE SPEAKING]

[BEGIN BY PRESENTING TO THE CLASS THE FIVE-MINUTE-LONG ‘DISCOVERING YOUR VOCATION’ VIDEO HOSTED BY FR. JAMES MARTIN, S.J. THE VIDEO CAN BE FOUND AT:

<https://www.youtube.com/watch?v=GpGd8-8eEB8>

THEN, AFTER THE VIDEO IS OVER, BEGIN WITH THE FOLLOWING:]

OK—I want to start right off with this. Fr. Martin says—and I’m quoting him here: “Vocation is really about becoming the person who God wants you to become...and what that person is meant to do in God’s eyes.” Does anyone have any questions about that statement? Does everyone understand what he’s talking about? [FIELD QUESTIONS AS THEY ARISE]

OK. Good!

Now, Fr. Martin talks about how God calls to us through our desires—the things we are attracted to: serving others, for example. And he has words of caution: when we’re talking about our desires, we’re NOT talking about our ‘surface wants’—as he mentions, those are things like “I want a new iPad” or “I want a new car.”

So, let's practice making this distinction. Take out a piece of paper and a pen. Take a minute to think. Write down five things that would be considered surface wants. It can be anything—I want a new pair of Nike basketball shoes. Or...I want a new pair of jeans. Things that would be considered surface wants. Go ahead and take a minute to think about that—and then write down five things. [PAUSE AND LET THEM DO THEIR THING]

OK. It's been a few minutes now. Let's share some of what we wrote down. Who would like to start us off? What did you write down as a surface want? [INTERACT WITH STUDENTS]

So, how do you tell those surface wants apart from your deepest desires? Fr. Martin says that first of all, you should pray to understand them...pray to understand your desires. He adds that it may take some time and reflection. A little later on, I'm going to introduce you to a prayer that's been written specifically for this kind of purpose...asking God to help you discern your vocation.

Right now, though, let's keep moving into the other part that Fr. Martin talks about here.

He says that questions can help a lot. The questions he mentions are these: What do I like to do? What gives me joy? What makes me energetic?

Let's take another minute to think. Go back to your paper where you've written down your surface wants. Turn the paper over to the other side. Now, take a couple of minutes to think about the questions Fr. Martin suggested that you ask yourself. Let's focus on two of them specifically: What gives me joy? What makes me energetic? Write down both of those questions now.

All right. Now, I'm going to give you another couple of minutes to just sit and think. Please take time to think about your answers to those questions: What gives me joy? What makes me energetic? I'm going to give you a couple of examples to help you get started. Maybe helping others with their homework—like being a tutor, for example...is something that gives you joy. Maybe lifting someone out of a bad mood—cheering someone up who's having a bad day—makes you feel energized. Maybe it's building things—say you're on the school robotics team and you like to build robots—maybe that gives you joy. Those are just a few examples. The possibilities are endless.

Take time to think about it...and write down two or three answers to each of those questions. Again—What gives me joy? What makes me energetic?

[PAUSE FOR A LENGTH OF TIME BASED ON THE ACTIVITY YOU SEE IN THE CLASSROOM; RESUME WHEN IT APPEARS AS THOUGH MOST STUDENTS HAVE WRITTEN DOWN TWO OR THREE ANSWERS TO EACH QUESTION]

All right. It looks as though most of you are finished writing. I know these are maybe a little more personal than the surface wants we just wrote down and shared before—but if you'd feel comfortable sharing, please do. Would anyone like to share one or two of their responses? [INTERACT WITH STUDENTS]

What you've just written down are the types of things that will be very helpful to you in the future. They're not necessarily the answers to the question of 'What is my vocation?' But they are doors to another part of you—a part that lives deep within you. They're what Fr. Martin calls your deepest desires. THOSE are the things that connect to your vocation. It's a good idea to, every now and then, take a moment to answer those questions and really think about them.

Those are the things that will lead you to answer the specific vocations questions of Am I being called to the sacramental life of a priest? Am I being called to religious life? Am I being called to married life?

As Father Martin says in the video: "The more you listen to these holy desires, the more you become the person whom God wants you to be...whom God calls you to be...whom God created...happy and holy and yourself."

Are there any questions? [FIELD QUESTIONS AS THEY ARISE]

Thanks so much for your attention today. Now, a moment ago, I told you that I was going to introduce you to a prayer that's been written specifically for this kind of purpose...the purpose of asking God to help you discern your vocation. So, I'm going to hand out copies of this prayer now. [HAND OUT COPIES]

Let's please bow our heads in prayer.

**Lord, my God and my loving Father, you have made me to know you, to love you, to serve you, and thereby to find and to fulfill my deepest longings. I know that you are in all things, and that every path can lead me to you.**

**But of them all, there is one especially by which you want me to come to you. Since I will do what you want of me, I pray you, send your Holy Spirit to me: into my mind, to show me what you want of me; into my heart, to give me the determination to do it, and to do it with all my love, with all my mind, and with all of my strength right to the end. Jesus, I trust in you. Amen!**