



Intermediate Grades 4-6 Lesson Plan

Theme: *Come, Follow Me!*

Purpose:

Students will:

1. Understand the meaning of the word *discernment*.
2. Understand how to discern their vocations.
3. Develop a plan to discern their vocations.

Supplies:

1. *Catechism of the Catholic Church* (CCC #2803-2854)
2. Discernment Planning worksheet
3. List of Resources for Discernment
4. Prayers for Discernment (choose one to pray at the beginning of each class)
5. Fishers of Men Supporting Documents

Activity #1: Defining *discernment*

1. Introduce the word *discernment*: **prayerfully thinking about a decision one must make, bringing into account the will of God.**
2. Teachers: Discuss each part of this definition in detail; use the questions as a guide; use the *Catechism* to add more depth to the conversation where possible.
 - a. Prayerful:
 - i. How do we pray?
 1. Formal prayer: prayers established by the Church and saints.
 2. Spontaneous prayer: prayers made up on the spot with your own words.
 3. Ask for help from God.
 4. Read the Bible.
 5. Listen for response from God.
 6. Pay attention to the feelings you have when you pray.
 7. Thanksgiving for the time God has given you in prayer.
 8. Read something written by or about a saint/pope/priest/sister/brother.
 - ii. Where do we pray?
 1. In Church: before the Mass begins quietly; with the congregation during Mass.
 2. In School: to yourself or as a class.
 3. At Home: in the morning as you start your day; at meals with your family; at night before you go to bed.
 - iii. Why do we pray?
 1. God knows us better than we know ourselves: He made us!
 2. God always wants what is best for us and wants to tell us what that is.



3. Praying gives us peace of mind.
- b. Thinking: actually stopping and thinking; not acting first and then thinking.
- c. Decision one must make:
 - i. What are these decisions?
 - ii. How often do they arrive?
 - iii. What decisions have you made in your life that you should have taken more time to think about?
- d. Bringing into account:
 - i. What does this mean? How much importance should it have?
- e. Will of God:
 - i. What does God want me to do?
 - ii. When should I do what God wants?
 - iii. What does God say about the things I want to do or have done?

Activity #2: Defining the Steps

1. Discerning your vocation:
 - a. Prayer:
 - i. Usually asking God to make clear the path He wants you to take.
 - ii. Time: take time to allow God to speak to your heart.
 - iii. Quiet: plants grow in silence, so does your vocation; listen in the quiet of your room or some other place where you can be alone.
 - iv. Ask for the saints to intercede on your behalf; the more people praying for you the better.
 - v. Receive the sacrament of reconciliation often; it gives you more grace each time you go, thus you can have more vocational clarity.
 - b. Spiritual Mentor: someone who will guide you along your path and answer any questions you might have; also will be a good example of how to live a vocation.
 - i. Parents: ask their thoughts on vocations (especially marriage).
 1. Do they feel like they are doing what God is asking of them?
 2. What do they want you to do when you grow up?
 3. Will they help you figure out what God is asking of you?
 4. How is God a part of their marriage?
 5. What talents do they see in you? (Make a list)
 - ii. Big brother/sister/close family relative: ask them how they think about God.
 - iii. Priest/Deacon/Religious Sister/Brother:
 1. What are good prayers for discernment?
 2. How do I know what God wants?
 3. What if I think it is God but it is really me?
 4. What if I don't think I can do what I think God wants me to do?
 5. What talents do they have that make it possible to do what they do? (Make a list and compare it to yours)
 - c. Education: (Distribute **List of Resources for Discernment**)



- i. Learn about the seminary/religious community.
 - ii. Learn about saints who have lived different vocations.
 - iii. Learn what the Church teaches about living a vocation.
 - iv. Learn that you are not alone: check out vocations websites.
- d. Response:
- i. The most difficult of all of them.
 - ii. Many times we don't know what we are responding to.
 - iii. Do what you think is required of the vocation you are feeling.
 1. Pray even more
 2. Help people in any way you can
 3. Focus on your studies
 4. Start serving at Mass

Activity #3: Defining Your Life

1. Plan your discernment path:
 - a. Handout: **Discernment Planning**
 - b. Have the children fill out their plan to discern their vocation for one week.
 - c. Send the worksheets home with the children and have them follow the directions to finish the assignment.

Activity #4: Defining the Priesthood

1. Show "Fishers of Men" DVD (available from the Office of Vocations or online at <http://www.usccb.org/vocations>)
 - a. Discuss reactions to the video.
 - b. Go over **Fishers of Men Supporting Documents**.

Thanks to the Archdiocese of Cincinnati for producing these documents.