

PRAYER FOR DISCERNMENT

Dear Heavenly Father,

I ask for the grace today to remain close to You in prayer. Help me to be silent and patient as You prepare me for the future vocation You have uniquely created for me to undertake. Allow me to listen to Your call and willingly and lovingly accept Your choice for me. Show me the path You have laid out for me and allow me to cooperate with You as You clear away what keeps me from You. I want to serve and give myself entirely to You Lord; teach me to willingly and lovingly respond “yes” to all You ask of me. Teach me to listen only to Your voice and not be distracted by the will of others.

I ask all this in Your Holy Name. Amen.

The AHG National Catholic Committee Religious Vocations Patch Program is optional and is created for girls to learn more about religious vocations within the Catholic Church. Any American Heritage Girl is eligible to earn the Religious Vocations Patch. This patch may be earned with the Troop, Unit, or family. Patches can be purchased in the AHGstore and are to be worn on the back of the girl’s vest or sash. The AHG Girl Canvas Drawstring Bag is a great place for Pathfinders to display their patch. Visit the [AHGstore](#) to order!



RELIGIOUS VOCATIONS

PATCH PROGRAM

God created all of us to follow His will for each of our lives. How we follow God’s will and what He calls us to be is known as a vocation. Answering His call and living out your vocation is the best way to live the life of holiness God intends for each one of us. While there are several vocations women are called to in the Catholic Church, this patch program is meant to specifically highlight the aspects of consecrated religious life and how to discern the important call to serve the Church.

RELIGIOUS VOCATIONS PATCH PROGRAM



Requirements for all AHG Program Levels: Investigate and discuss the following questions:

1. What does the word vocation mean?
2. What is vocational discernment to the religious life?
3. What is the difference between a nun and a religious sister?
4. What do nuns and religious sisters wear?
5. What is a habit? What is the meaning of wearing a habit?
6. Where do nuns and religious sisters live?
7. How do nuns and religious sisters spend their days?
8. Contact the Vocation Director of an order of your choice and try to arrange an informal visit with the nuns or religious sisters and ask them questions regarding their calling, their work, and their daily life (if there are no religious orders nearby, each girl should individually write a letter to a religious order asking 3-5 questions).
9. With your Troop, Unit, or family watch this movie depicting religious vocation: the CMSWR documentary *For Love Alone* (2015). Discuss the movie with your family, emphasizing the process of discernment.

After completing the requirements above, complete the requirements that correspond to your Level below:

PATHFINDER & TENDERHEART

1. Many saints served God by serving others. Learn about three saints who were nuns or religious sisters. Draw a picture of one of these saints serving others.
2. Learning how to talk to God is an important step in creating a long-lasting relationship with Him. Learn Pope Francis' Five-Finger Prayer and pray it daily for one week. How did this help you pray?

Pope Francis' Five-Finger Prayer

Thumb: Pray for those closest to you: family and friends
Index Finger: Pray for those who teach and help you
Tallest Finger: Prayer for those in positions of authority
Ring Finger: Pray for those who are sick and poor
Smallest Finger: Pray for yourself and your true needs
3. Families can dedicate a special place for prayer in their home which may include an altar with a picture or small statue of Mary and Jesus or pictures of saints. Draw a picture of your family altar or one you would like to create. These sacred places in your home remind you that you can always pause for a prayer to Jesus throughout each day.

EXPLORER

1. Even at a young age, you can pray about whom God created you to be. Write or draw who you believe God wants you to become. Share this with your family, your Troop Shepherd or Unit Leader.
2. Being willing to listen to God's guidance is an important part of prayer. Religious men and women devote their lives to prayer. For one week, recite the rosary and pray for your own vocation and the religious vocations of your parish.
3. Families can dedicate a special place for prayer in their home which may include an altar with a picture or small statue of Mary and Jesus or pictures of saints. Draw a picture of your family altar or one you would like to create. These sacred places in your home remind you that you can always pause for a prayer to Jesus throughout the daily routine of our day.

PIONEER & PATRIOT

1. Spend an hour with God quietly praying without interruption. As you pray, reflect upon the following:

Know that God has created you for a specific mission.
Accept God's love and His will for you.
Be open to listening to the Lord.
Allow Him to clear away obstacles so that you can say "yes".
Give yourself entirely to Christ in love.
Ask for the grace to follow only God's voice not others.

Use these reflections in future prayer moments during the next month.
2. Catholic nuns and religious sisters belong to many religious orders. Each order has a unique charism (charism: the particular gift given to a person or group by the Holy Spirit that leads them to discern their work to build up the Kingdom of God). For example, the charism may inspire the sisters to teach, or serve the sick and poor. Investigate three or more orders and their primary charism. Discuss with your Troop, Unit, or family which orders appeal to you and why.
3. Some religious orders are cloistered while others are active in the community. What does it mean to be "cloistered?" How long does it take to become a nun or a religious sister? Discuss with your Troop, Unit, or family why discernment and formation take many years before a sister takes final vows.
4. Go on an outdoor rosary prayer walk focused on praying for vocations. Try to pick a location where you will not be distracted by lots of noise. The walk may be silent as you pray by yourself or you may take turn leading each decade.