

GOD'S PERFECT PLAN FOR ME

What Does God Want Me To Do?



VOCATIONS 2021

17th-25th April

God's Perfect Plan

"At last I have found my vocation. In the heart of the Church, I will be Love!" (Saint Thérèse of Lisieux)

The annual celebration of Derry Diocesan Vocations Week has been extended this year to a nine-day festival of prayer, beginning Saturday, 17th April and concluding on Good Shepherd Sunday, 25th April.

The theme for this year's Vocations Week is based on "Patris Corde" ('With a Father's Heart. '), Pope Francis' recent publication for the year of Saint Joseph.

We invite primary schools to join in this celebration by encouraging the children, staff and families to celebrate that, through the gift of Baptism, they all have a vocation, a calling to do something amazing with their lives for God. Everyone has been given different gifts and talents by God. No matter what role we take on in life, everyone is called to be God's love in the world.

God has a perfect plan for everyone and through prayer and reflection we can come to know what that plan is throughout our lives.



Ideas for the School/Classroom

- Pray- in the morning prayer each day, take a moment and encourage the children to ask God what it is he wants them to do for him.
- Help the children to explore the many different vocations people have in life. Interview some people (even if it has to be online) about their chosen vocation/role in life.
- Get the children to think about the gifts and talents God has given them in life. Help them to think about ways they can use these now to be God's love in the world.
- Children preparing for Confirmation could look at how the gifts of the Holy Spirit will help them to discover God's plan for them.
- Use the Daily Examen provided at lunchtime or before the children go home.
- Encourage the staff and families to use the Daily Examen each day.
- Share the diocesan link to the prayers for this special time of prayer for vocations in the diocese. (www.derrydiocese.org/news/vocations)



Prayer to Know God's Perfect Plan for Me

Loving Father, I know you love me and through my baptism have a dream, a perfect plan for my life.

Make me aware and open to the guidance of your Holy Spirit living within me.

Help me to stay close to Jesus, your Son, so that I may discover your plan for my life.

Be at my side each day, as I search for what it is you want me to do with the gifts and talents you have given me.

Give me the grace to say yes to you as Mary, Jesus' mother did.

Amen.



The Daily Examen for Families

Family Prayer: Reflective Prayer at the End of the Day



This is a prayer which will help families to reflect on their day and to become more aware of God's presence in their lives. It is a great way of coming to know better God's perfect plan for your lives. One person in the family can lead the Examen. The responses are not spoken aloud but in quiet conversation with God.

Stillness: Recalling God's Presence

Set some time apart in the evening as a family, light a candle and take a moment to sit quietly in God's presence.

Gratitude: Expressing Thankfulness

Take time to think of things you wish to thank God for that happened during the day.

Reflection: Looking Back on Your Day

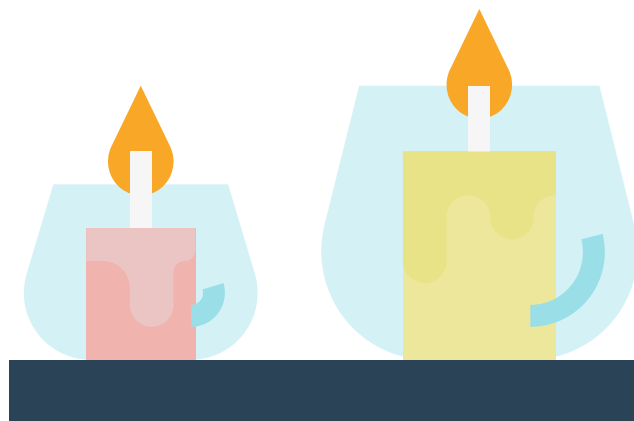
Think over some of your own actions/experiences from the day and ask each member of the family to do the same.

Sorrow: Asking for Forgiveness

In the quiet encourage each person to tell Jesus about the times during the day when their actions did not reflect God's love.

Hopefulness: Resolving to Grow

Together ask God to help you and your family in looking forward to tomorrow, that you will reflect his love at all times.



The Daily Examen for Children

Saint Ignatius of Loyola gave us a way to pray each day. It is called the Examen. The Examen includes steps to follow each day to think about what we did and the choices we made. We use what we did today to prepare for tomorrow, to try to live as Jesus calls us to.

Let's begin. (Pause.)

Be still and quiet. (Pause.) Know that God is with you. (Pause.)

Think about your day from beginning until now. (Pause.)

Did you make good choices? (Pause.)

Did you fail to show God's love in any way? (Pause.)

Think about how much God loves you. (Pause.)

Know that God forgives you when you do not show his love. (Pause.)

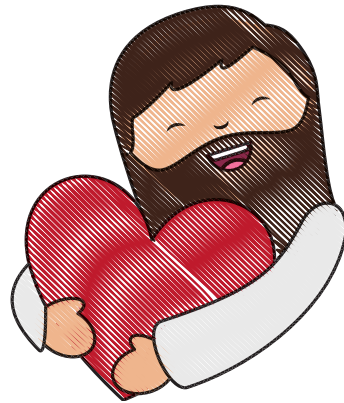
Ask for God's forgiveness. (Pause.)

Thank God for his gifts. (Pause.)

Think of ways that God can help you tomorrow. (Pause.)



THE DAILY EXAMEN FOR YOUNG CHILDREN



- Sit very still
- Close your eyes
- Think of yourself sitting next to your friend Jesus
- Think about your day so far, what you did and who you met or played with
- Tell Jesus what you have done so far today
- Think about times when you showed someone God's love
- Think about people who showed you God's love today
- Tell Jesus
- Think about times when maybe what you didn't show God's love today
- Tell Jesus about them. Tell Jesus you are sorry
- Feel Jesus' love for you. Know that Jesus forgives you.
- Think about tomorrow. Ask Jesus to help you do your best tomorrow to love others in the best way you can
- Thanks Jesus for being your friend
- Say Amen!

