

Reflection Questions on Vocation and Calling

University of St. Thomas Office for Mission

We welcome you to experience the University of St. Thomas Grotto as a peaceful place for prayer, reflection and listening. Holy places in God's creation can be wonderful settings to become aware of, and respond to, our life callings.

As you walk, take your time, slow your pace and clear your mind. Pause and listen. Listen beneath the initial city noise. Do you hear birds or wind? Notice any smells or changing temperatures. Do you feel God's presence in creation in a new way? Take a few slow deep breaths and give thanks for the on-going sounds and sights of nature in your life.

How do these sounds and the nature you see make you feel? Do you feel calmer or more at peace? Where are you when you feel peace in your life?



As you continue to slowly walk, consider it a walking meditation. Rest in the knowledge that you are a beloved child of God and are held in God's love.



As you explore God's calls for your life, ponder when you feel most joyful, peaceful and free? What are you doing when you feel most alive and like yourself?

What do you care deeply about in the world? What makes your heart ache?



Walking in silence, listen for any subtle nudge or an invitation to take action towards your vocation and towards serving the common good.



Notice how you really feel—what excites you and where do you feel resistance?

May you “find God in all things” as you walk and respond in openness and love.

