



# Catholic Diocese of Youngstown

## *Office of Vocations*

### **Planting the Seeds** **Vocation Ideas for Adults to Use at Home or School**

*How can adults encourage vocations? Some directly talk about vocations. Others simply try to help youth to learn Christian values. Both kinds of encouragement are helpful!*

*No person can do all the things listed below. But what one or two things can you do?*

1. Talk positively and enthusiastically about the activities of priests, lay ministers, sisters, permanent deacons and brothers.
2. Encourage role-playing for the very young; help them to think about ways in which they can care for people.
3. Make prayer a normal part of family decision making.
4. Watch the way each child chooses a style of being with people. Some children are organizers (teachers, doctors, lawyers, homemakers, etc.). Some children like to play alone (researchers, writers, etc.). Help them develop their particular gifts. Compliment them on their gifts.
5. Take part in parish activities as a family. Give children a sense of joy that comes from belonging and serving.
6. Look for opportunities to share with those who have less. Teach them to share.
7. What is your response when a neighbor is hospitalized? Unemployed? Lonely? Misunderstood?
8. Encourage them to volunteer their time, energy, and gifts.
9. Discuss items in the news that speak of a commitment to values, service or Church stances on issues.
10. Pray with and for members of the family, parish, and neighborhood.
11. Watch for television shows or movies that present heroic lifestyles. In particular watch shows on Mother Teresa, Martin Luther King, etc. Help them to realize these are important people with special dreams.

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12. Know/discuss your feelings about children choosing to give their lives in Church ministry.
13. Encourage school projects that are service oriented.
14. Speak of your life as a vocation.
15. Set aside a "family time" each week - give each child time to share.
16. Encourage children to make birthday/Christmas presents for one another - love and concern is more important than a costly gift.
17. Give children opportunities to lead prayer and to pray in their own words.
18. Tell stories about your "falling in love." Let children see the care you have for one another. Share equally in the tasks of creating a Christian home.
19. Invite priests, brothers, sisters and permanent deacons into your home.
20. Plan an adult evening with 4-5 couples and a priest, brother, sister or permanent deacon to have your questions answered.
21. Challenge young adults to look at a Church related vocation, tell them about the gifts of ministry you see in them.
22. Share with your children why you chose the profession that you did and how your lifestyle choice helps you to live it well.
23. Dream with them about what the church of the future can be like.
24. Another idea you know of?

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