

Vocational Wellbeing

An illustration of six diverse professionals in various careers: a police officer, a firefighter, a woman in a blue business suit, a man in a red jacket and blue cap, and a man in a dark suit. They are standing together, representing different vocational paths.

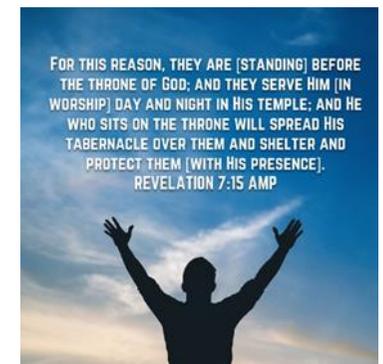
VOCATION IS BY INVITATION

The word vocation comes from the Latin 'vocare' which means to call.

God calls or invites you to a particular vocation.

Each of us must decide about our vocation, that choice is a response to an invitation from God.

WHAT DO YOU DO?

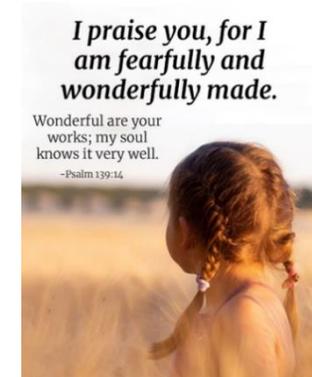




GOD CALLS YOU PERSONALLY

God is interested in you personally and he calls you personally. Many times, in the Bible we see God calling individual men and women – Noah, Mary and Joseph, Elijah, and Adam.

HOW WILL GOD CALL YOU?



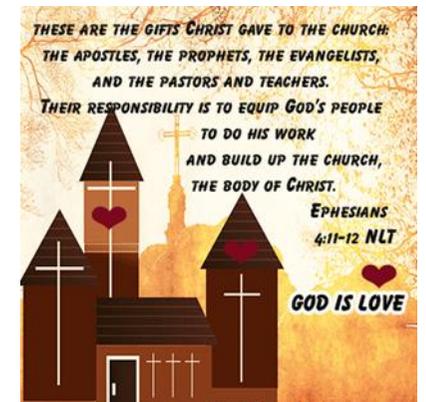
YOUR VOCATION IS AN EXPRESSION OF WHO YOU ARE

“Be who you are meant to be, and you will set the whole world on fire”: this is a common paraphrase of the words of St Catherine of Siena.

Vocation is not simply something that you do but it is an authentic expression of who you are, of your very identity.

We flourish when we take opportunities to act on our strengths and do what we do best. Our abilities are gifts from God.

WHAT GIFTS HAS GOD GIVEN TO YOU?



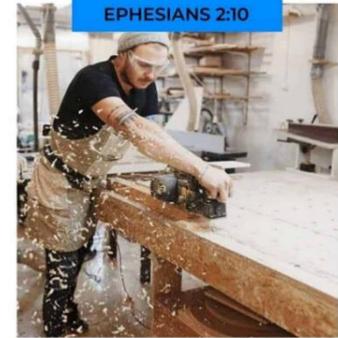


GOD KNOWS US BEST

We have all had that experience of getting exactly what we thought we wanted, only to find ourselves still unsatisfied. But God knows us better than we know ourselves; He understands what will bring us real fulfilment, not just fleeting happiness.

For Christians, our vocation is that meaningful thing we know in the depths of our being, that we are especially gifted by God with the ability to do and that will help build God’s kingdom on Earth.

HOW ARE YOU BUILDING GOD’S KINGDOM ON EARTH?



FOR WE ARE GOD’S HANDIWORK, CREATED IN CHRIST JESUS TO DO GOOD WORKS, WHICH GOD PREPARED IN ADVANCE FOR US TO DO.

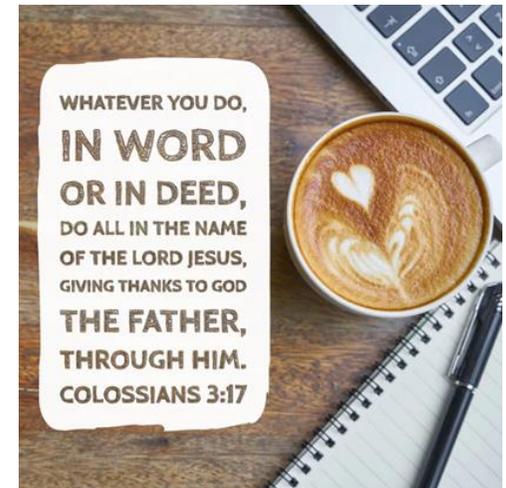
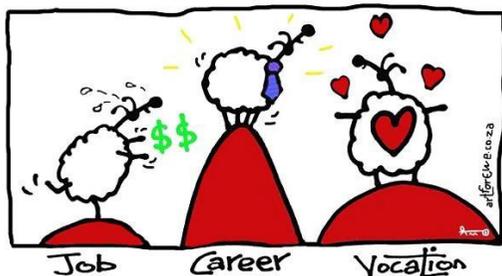
A VOCATION IS DIFFERENT FROM A CAREER

Vocation includes paid work, family care, volunteer and community work, continuing education, vocational training, and other endeavours such as playing music, writing, arts, and crafts.

We all have a calling to follow Christ’s example by living a life of meaning, purpose, and service to our neighbour. It is not simply the giving of your skills, services, and expertise, but the giving of your whole self.

These days the smallest act of Christian love, kindness and concern can transform a home or a workplace into something extraordinary. Be proud of what you do not what you earn.

HOW CAN YOU TRANSFORM YOU HOME OR WORKPLACE?





EVERY VOCATION IS A CALL TO LOVE

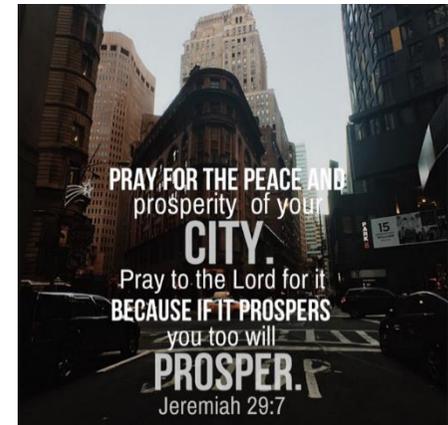
Every member of the Church is called to love: to love God and to love each other.

Our vocations are everyday roles through which God calls us to help make this world a better place.

Those who are well vocationally are faithful stewards of their talents and abilities and find opportunities to build and use them.

Working collaboratively and positively with others enhances social wellness. Achieving personal satisfaction and fulfillment in our vocation deepens our sense of meaning and purpose and therefore inner wellbeing.

ARE YOU A GOOD STEWARD OF ALL YOUR ROLES IN LIFE?



GOD RESPECTS YOUR FREEDOM

God created us with the dignity of a person who can initiate and control his own actions; we have the freedom to choose and be responsible. God does not want to force you to choose a certain path, but to listen to His invitation and respond freely.

ARE YOU LISTENING TO GOD ABOUT YOUR VOCATION?

