

# Discernment Resources

## Books

### Vocations Anonymous by Sr. Kathleen Bryant

*A practical summary of religious life, overview of the formation process and the vows, plus honest answers to questions about culture, family and other discernment questions.*

### Discerning Your Vocation: A Catholic Guide for Young Adults

*Concise guide to the foundations, essentials and pitfalls of discernment*

### Discerning Religious Life by Sr. Clare Matthiass

*A simple introduction to religious life and guide to the discernment process, geared towards young women.*

### Your One Wild and Precious Life by Fr. Mark David Janus

*A series of reflections on God's call, vocation and what brings you fulfillment.*

### Hearing God's Call: 30 days of Vocation Discernment by Tat Thang Hoang

*Scripture, reflections and meditation questions focusing on discernment for thirty days*

### Called by God: Discernment and Preparation for Religious Life by Rachel Marie Collins

*Short letters that give insight into marriage and religious life based on wisdom of Catholic women*

### Discernment by Henri Nouwen

*A compilation of Nouwen's wisdom, based on the Word of God, and answering the question "What should I do with my life?"*

## Apps

### Reimaging Examen Prayer

*Innovative approach to a daily practice of the examen prayer*

### Laudaute

*Collection of Catholic prayers, Mass readings, saint reflections, & more*

### Vision Vocation Guide

*App version of Vocation Network's resources*

### Pray As You Go – Daily Prayer

*Short sessions that guide prayer with music, scripture and reflection questions*

## Websites

### VocationNetwork.org

*Vocation Match questionnaire, community search, discernment events & resources*

### ANunsLife.org

*Community of lay people, sisters & nuns exploring God's call through podcasts, videos, blogs & more*

### CatholicsOnCall.org

*Community helping young adults explore their call to ministry; offers daily reflections, formation & yearly conference*

### Facebook Group: Vocation Discerners

*Online group for those discerning their vocation*

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