



Catholic Family Vocation Talking Points

Introduction

As parents, we are entrusted with the sacred responsibility of helping our children grow in faith and develop a personal relationship with God. One of the most important ways we fulfill this calling is by teaching our children that God created them with purpose and invites them to live a life of holiness.

The first vocation of every Christian is the call to holiness. Through Baptism, each person is called to know, love, and serve God and ultimately become a saint. As children grow, they learn the virtues that help them follow Christ and discover the unique vocation through which God is calling them to live out that holiness, whether through priesthood, consecrated life, or holy matrimony.

A culture of vocations begins in the home. When families regularly talk about God's plan, practice virtue, pray together, and encourage openness to God's will, children learn that discerning God's call is a natural and joyful part of Catholic life. These conversations do not pressure children toward a particular path. Instead, they help children develop hearts that are attentive to God's voice and willing to follow wherever He leads.

The home is often where the seeds of a vocation are first planted. By introducing vocational themes in age-appropriate ways and encouraging growth in virtue, parents can help their children recognize that God's plan for their lives is not something to fear, but a gift that leads to lasting joy, peace, and holiness.



Vocation Talking Points by Age

Early Childhood (Age 3-7)

Talking Points:

- God made you, loves you, and wants you to be a saint.
- Jesus wants to be your friend and help you become holy.
- We grow closer to God when we practice virtues like kindness, sharing, obedience, and gratitude.
- Some people are called to become priests, religious sisters or brothers, and some are called to become husbands and wives.
- We can ask God to help us discover His plan for our lives.

Scripture Passage: "Let the little children come to me." (Matthew 19:14)

Family Practical Steps

- Pray together before meals and bedtime.
- Read Bible stories and stories of the saints.
- Introduce your children to priests, seminarians, religious sisters, and faithful married couples.
- Pray often: "Jesus, help me follow Your plan for my life."

Elementary (Age 8-11)

Talking Points:

- Every person is called to holiness and to become a saint.
- Virtues help us become the people God created us to be.
- A vocation is the special way God calls us to live a holy life and serve others.
- The primary vocations are priesthood, consecrated life, and holy matrimony.
- Discernment means asking God how He wants us to become holy and serve Him.

Scripture Passage: "You did not choose me, but I chose you." (John 15:16)

Practical Steps:

- Pray for your child's future vocation.
- Discuss the different vocations and the people you know living them.
- Attend parish events and encourage participation in parish life.
- Visit Jesus in the Blessed Sacrament as a family.
- Share stories of how God has guided your own life.



Middle School (Age 12-14)

Talking Points:

- Your first vocation is to holiness.
- God has a unique plan for helping you become the saint He created you to be.
- Virtues such as courage, humility, honesty, patience, and perseverance help us follow God's call.
- God may be calling you to priesthood, consecrated life, or holy matrimony.
- Discernment requires prayer, trust, and openness to God's will.

Scripture Passage: "Be still and know that I am God." (Psalm 46:10)

Practical Steps:

- Have honest conversations about vocations and God's call.
- Encourage regular Mass, Confession, and personal prayer.
- Introduce your child to joyful priests, religious sisters, seminarians, and married couples.
- Attend vocation events, talks, or discernment opportunities.
- Participate in service opportunities as a family.

High School (Age 15-18)

Talking Points:

- Before asking what career you want, ask how God is calling you to holiness and sainthood.
- God calls some people to holy matrimony and family life, while others are called to priesthood or consecrated life; each vocation is a unique way of loving God, serving others, and building up the Church.
- Living a vocation well requires virtues such as prudence, fortitude, chastity, generosity, humility, and self-discipline.
- Discernment involves prayer, participation in the sacraments, seeking wise guidance, and listening for God's voice as you remain open to God's plan for your life.
- God's will is not something to fear. It is the path to the deepest peace, joy, and holiness.

Scripture Passage: "Not my will, but yours be done." (Luke 22:42)

Practical Steps:

- Pray regularly for clarity regarding your teen's vocation.
- Encourage Eucharistic Adoration, frequent Confession, and a strong sacramental life.



- Visit seminaries, convents, monasteries, or discernment retreats when possible.
- Foster conversations about college, career, relationships, and vocation through the lens of God's plan.
- Encourage conversations with priests, religious, and trusted mentors who can help them discern.

Conclusion

Promoting vocations within the family is an investment in both the spiritual growth of your children and the future of the Church. When parents consistently teach that every person is called to holiness, encourage growth in virtue, and speak openly about God's plan, children learn to see their lives as a response to His love and invitation.

Parents play a unique role in helping their children discover God's call. Through your example of faith, family prayer, participation in the sacraments, and everyday conversations about holiness and vocation, you create an environment where children can confidently ask, "Lord, what do You want me to do with my life?" Whether your child is called to priesthood, consecrated life, or holy matrimony, the lessons learned at home about listening to God, practicing virtue, and seeking His will will remain foundational throughout their life.

Thank you for embracing your role as the first vocation promoters in your children's lives. Together, let us continue building a culture of vocations in our homes, helping young people grow in holiness, pursue sainthood, and trust that God will provide the grace they need to follow His call with courage, generosity, and love.