

Attentive and Discerning

Pupils are growing to be **attentive** to their experience and to their vocation; and **discerning** about the choices they make and the effects of those choices. Catholic schools help their pupils grow by promoting the practice of attentive reflection and discerning decision making: in teaching, in the examen, prayer and retreats; and through the practice and example of school leaders and staff.

Ordinary Time: Autumn and the season of Advent (December 3)

Pray it

Linking **Attentive and Discerning** to prayers of the Church and Liturgical Season



Prayer suggestions and activities:

- During November, the Month of the Holy Souls we pray for all saints who have died and gone to heaven and for all faithful departed who have died and are in purgatory. We give thanks for their example and witness of being attentive and discerning throughout their lives to their vocational calling. We join our prayers with the Communion of Saints Schools MAC and particular saints of this time e.g. St. Ambrose and St. John of the Cross.
- Pray for all leaders that they are attentive to the needs of those they serve when working together for positive outcomes for the people and for our common home. We especially pray for peace in our world at this time and especially remember all those who have died as a result of conflict during Remembrance Sunday, 12 November.
- Solemnity of Our Lord Jesus Christ, King of the Universe (World Youth Sunday) November 26: Pray for all young people in the world that they continue to discern and reflect on how by serving others they are serving God.
- Read Mark 1:1-8 use Lectio Divina to help you to be more attentive and discerning of God's message.
- Pray for all as we prepare ourselves and the world for the Second Coming of Christ by using the Examen prayer to reflect on the choices we make and how we are attentive and discerning to God's call for each one of us. [Examen Leaflet.pdf \(jesuitinstitute.org\)](http://jesuitinstitute.org)

Explore it

Linking **Attentive and Discerning** to scripture, meaning and teachings of the Church, Church traditions, Pope Francis and the saints.



Scripture to Explore: -

Here are some scripture passages for you to explore which reflect the virtues of being Attentive and Discerning

- Matthew 25:1-13. Reflect on how the different groups stayed attentive to being prepared. What was the consequence for those who were not attentive?
- Matthew 25:14-30. Read the passage and explore how the different people discerned how best to respond to their masters' expectations.

Activities and Questions: -

- Choose one Catholic Social Teaching principle that can be linked to the virtues of being Attentive and Discerning in all we say and do.
- What are the Corporal Works of Mercy and how can you live these out during the of season of Advent?
- Explore how your school promotes a 'culture of vocation' and how the staff support your understanding of God's call for you.
- Who is God calling you to be?
- How can you live your life in an Attentive and Discerning way?
- Saints are known for being 'Attentive and Discerning'. The stories of your School, House or Class saint could help all understand what they can do to spread the word of God.
- Research the teachings of some of the 36 Saints who are Doctors of the Church.

Live it

Linking **Attentive and Discerning** to the way we can choose to live our lives.



Activities and Challenges:

- One of the most important ways we can become attentive and discerning is being attentive to the message of the Gospel teachings of Jesus Christ. The saints aspired to be like Jesus in their words and actions. How can your words and actions demonstrate the examples they have set?
- Take time during Advent to be attentive to the real reason for this season in preparation for the Lord's coming.
- Set yourself a challenge everyday during this season of Advent eg (Walk with me Calendar and CAFOD Interactive Advent calendar [Interactive online Advent calendar 2023 \(cafod.org.uk\)](http://Interactive online Advent calendar 2023 (cafod.org.uk)))
- Create an Advent liturgy that focuses on being attentive and discerning.
- Take part in your school and churches charity campaigns and teach others the importance of living out the true mission of Catholic Social Teachings.
- Make and take your Bambinelli along to church on the 3rd Sunday of Advent to be blessed.
- Take time at the end of each day to discern the actions and decisions you have made and how you can develop in your vocational response to God's calling.

Sunday Gospels to Explore

Gospels linked to **Attentive and Discerning** highlighted



- 12 November Matthew 25:1-13 **Keep watch, because you do not know the day or the hour.**
- 19 November Matthew 25:14-30 **You have been faithful with a few things; Come and join in your masters happiness**
- 26 November Matthew 25: 31-36 **The parable of the Sheep and the Goats**
Youth Sunday
- 3 December Mark 13:33-37 **Be on guard! Be alert you do not know when that time will come.**
1st Week of Advent
- 10 December Mark 1:1-8 **A voice of one calling in the wilderness, 'Prepare the way for the Lord**
2nd Week of Advent
- 17 December John 1:6-8 **He came as a witness to testify concerning that light, so that through him all might believe.**
3rd week of Advent

Sing it

Linking **Attentive and Discerning** to traditional and contemporary music.



- [City of God](#): Daniel L Schutte
- [Colours of Day](#): Sue McClellan and John Paculabo
- [Whatever you do to the least of my people](#): Willard F Jabusch
- [My Lighthouse](#): Rend Collective
- [Christ be our Light](#): Bernadette Farrell
- [Shine Jesus Shine](#): Graham Kendrick
- [The Light of the Christ](#): Donald Fishel
- [When is He coming?](#) David Palmer
- [O Come, O Come Emmanuel](#): Thomas Helmore
- [Maranatha \(Come Lord Jesus Come\)](#): Estelle White
- [My hands are Yours](#): One Life Music
- [We will Go Out](#): One Life Music
- Awake, Awake: CJM

Picture It

Linking **Attentive and Discerning** to artwork.



Parable of the Sheep and Goats: Sieger Koder

- Read the Bible passage Matthew 25: 31-36 :
- Does the picture accurately represent the text?
- What does this make you wonder about the Bible story?
- What questions do you have for each character within the picture?
- What do you notice about the face of the strangers?
- How does this help your understanding of the Corporal Works of Mercy?