



Discovering My Unique Gifts and Call

A PRAYERFUL REVIEW OF MY LIFE

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God loves us long before we realize it. God not only labors on our behalf but also is part of our ongoing creation.

This meditation invites you to look back over your life and notice all the ways God loves you into being. When we look at our life's history, we are invited to notice God's saving hand at work in it. The stories of our lives reveal God's ongoing work in our lives. This prayer is a way of looking back at your life and acknowledging all the ways God has been a part of your life, making you who you are today.

Turn to Psalm 139. Read and pray with this Scripture. As you do, remember that God did not finish making you

once, long ago, at conception or birth. God continues to make you and hopes for you to keep growing in love until you love as completely as God loves.

As you reflect on the words of Psalm 139, read and prayerfully respond to the questions listed below. Be gentle with yourself as to the time this might take, allowing time to savor and notice. Maybe this is completed in one long prayer session, or perhaps you'll pray with one section at a time. Be open to hearing God's response to the following questions in your life. Notice the movements in your heart. Notice your response to the questions as well as the answers themselves.

Uniquely Created: Noticing the Unique Way God Created Me

*"It was you who formed my inward parts;
you knit me together in my mother's womb." —Psalm 139:13*

Each one of us is a unique creation. We are unrepeatable.

Pause and reflect on the way God created you before you were aware of your own choice.

- What are some characteristics of my creation that came to me before I had the ability to choose them—for example, my parents? My gender? The place I was born? Where I lived when I was younger? Physical characteristics? Siblings? Extended family? Culture I was born into?
- What characteristics have I inherited from my parents, extended family, or family of origin? Which characteristics do I like? Which characteristics do I perhaps not prefer?
- What parts of my original family dynamics assisted in my growth? Which parts of my original family dynamics have hindered my growth?
- What are my personal characteristics and qualities that were born in me before I was aware of my own choice? (For example: the language I speak, habits, sexual orientation, cultural norms)

I give thanks to God and fully offer myself and my unique creation to God as I pray:

*Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
All I have and call my own.
You have given all to me.
To you, Lord, I return it.
Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.*

Uniquely Gifted: Noticing the Unique Gifts God Gave Me

“O LORD, you have searched me and known me.” —Psalm 139:1

**God created each of us with a unique set of gifts, likes, dislikes, strengths, and weaknesses.
Pause and reflect on all the aspects that make you who you are.**

- What personal qualities in myself do I like? What in my personal qualities expands my experience of life and increases my energy and ease?
- What personal qualities in myself do I not particularly like? What in my personal qualities feels difficult and lacks joy?
- What do I see as my gifts? My strengths? My growth points?
- What do others see as my gifts? My strengths? My growth points?

I give thanks to God and fully offer myself and my unique gifts to God as I pray:

*Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
All I have and call my own.
You have given all to me.
To you, Lord, I return it.
Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.*

Uniquely Formed: Noticing God's Ongoing Creation in My Life

*"You hem me in, behind and before,
and lay your hand upon me." —Psalm 139:5*

Each of us has our own unique set of relationships, life experiences, education, and work. Pause and reflect on the ways God continually creates you and has been with you throughout your life.

- I look backward over my life and name the key relationships and people in my life's story. What did they teach me about myself? About love? About others? About God?
- What were key events in my life? What did I learn from them? How did they inform who I am today?
- What educational and training experiences have I had?
- What is my work experience?
- What are the moments in which my vocation as single, married, or vowed brought me closer to God? Are there moments in my vocation that moved me away from God?
- What particular struggles or joys have brought me closer to or farther from God (for example, death, life, divorce, marriage, anniversaries, celebrations, transitions, departures, beginnings)?

I give thanks to God and fully offer myself to God as God continues to form me, and I pray:

*Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
All I have and call my own.
You have given all to me.
To you, Lord, I return it.
Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.*

Uniquely Chosen: God's Unique Call for Me

*"I praise you, for I am fearfully and wonderfully made.
Wonderful are your works;
that I know very well." —Psalm 139:14*

Our yes to discipleship invites us to follow God in a unique way and to use our gifts in a unique way to help build God's kingdom. Pause and reflect on the unique way God has chosen you to say yes to your call to discipleship.

- What theme(s) do I perceive about my life?
- In my day-to-day life, what really excites me or gives me energy? What do I really enjoy doing?
- In my day-to-day life, what drains me or makes me tired? What do I not enjoy doing?
- What do I yearn to do that I have not been doing? What do I sense is God's yearning and desire for me?
- In what ways have my faith community, my colleagues, my friends, and my family called me to use my gifts? How are they likely to call on me for help?
- Who has God uniquely given me to love?
- What jobs and tasks are mine to do? If I had to choose, would I say that I'm better at working with people, ideas, things, or information? A mix of these?

I give thanks to God and fully offer myself to God as God uniquely calls me to love and serve, and I pray:

*Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
All I have and call my own.
You have given all to me.
To you, Lord, I return it.
Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.*

Reflection on the Review of My Life

St. Ignatius invites us to review our prayer time at the end. This is a way of gathering the graces and noticing what God might be saying to us. After praying through the meditation, pause and review what you wrote.

- **What do you notice as you look at the entirety of your life with God?**
- **What new insights do you have...**
 - about yourself?
 - about God?
 - about your life?
 - about your gifts?
 - about your call?
- **What do you most want to remember?**
- **What are you still pondering?**