



FIVE STEPS TO DISCERNMENT



MISSION DOCTORS ASSOCIATION
A Mission of Healing, A Partnership of Hope

How do you hear God's call in your life? How do you understand what you hear?

For doctors, the process of discernment may be a familiar one. The steps taken to choose a career as a physician or dentist may have had points along the journey where decisions have been necessary: what school, what specialty, where to practice.

If you are discerning a call to serve as a Mission Doctor, either with the long or short-term program, you may be looking into something you have felt a call to most of your life. Perhaps this opportunity is something new to you.

Discernment:
perception in the
absence of judgment
with a view to obtaining
spiritual direction and
understanding

While those preparing to serve long-term with Mission Doctors will take time in our four-month formation program, and those considering serving short-term will attend a weekend Retreat / Seminar where discerning this call is discussed in greater depth, we offer this as a brief overview to aid you on this journey.



Take the time to reflect on these questions and your call to serve the poor around the world.

AWARENESS

Questions to ask yourself:

What is drawing me to share my professional skills with people of another country?

Have I asked God for assistance as I strive to listen to this calling?



“Wherever God has put You, that is your vocation. It is not what we do, but how much love we put into it. ”

Mother Theresa

Jeremiah 1:4-10

The word of the Lord came to me:

Before I formed you in the womb I knew you, before you were born I dedicated you, a prophet to the nations I appointed you.

“Ah, Lord God!” I said, “I do not know how to speak. I am too young!”

But the Lord answered me,

Do not say, “I am too young.” To whomever I send you, you shall go; whatever I command you, you shall speak. Do not be afraid of them, for I am with you to deliver you—oracle of the Lord.

Then the Lord extended his hand and touched my mouth, saying to me,

See, I place my words in your mouth! Today I appoint you over nations and over kingdoms, To uproot and to tear down, to destroy and to demolish, to build and to plant.

INFORMATION

Questions to ask yourself:

How can I share my gifts?

Where I am best suited to serve?

What motives are driving me in my choices?

What support will I need?

Have I consulted with those who will be intimately affected by the decision being made: family, friends, and colleagues?

Acts 10-19

There was a disciple in Damascus named Ananias, and the Lord said to him in a vision, "Ananias." He answered, "Here I am, Lord." The Lord said to him, "Get up and go to the street called Straight and ask at the house of Judas for a man from Tarsus named Saul. He is there praying, and [in a vision] he has seen a man named Ananias come in and lay [his] hands on him, that he may regain his sight." But Ananias replied, "Lord, I have heard from many sources about this man, what evil things he has done to your holy ones in Jerusalem. And here he has authority from the chief priests to imprison all who call upon your name." But the Lord said to him, "Go, for this man is a chosen instrument of mine to carry my name before Gentiles, kings, and Israelites, and I will show him what he will have to suffer for my name." So Ananias went and entered the house; laying his hands on him, he said, "Saul, my brother, the Lord has sent me, Jesus who appeared to you on the way by which you came, that you may regain your sight and be filled with the holy Spirit."

Immediately things like scales fell from his eyes and he regained his sight. He got up and was baptized, and when he had eaten, he recovered his strength.

UNDERSTAND GOD'S WILL

Questions to ask yourself:

What is the most loving choice I can make?

Am I resisting God's invitation?



“ The world tells us to seek success,
power and money;
God tells us to seek humility,
service and love. ”

Pope Francis

Jonah 1:1-7

The word of the Lord came to Jonah, son of Amittai: Set out for the great city of Nineveh, and preach against it; for their wickedness has come before me. But Jonah made ready to flee to Tarshish, away from the Lord. He went down to Joppa, found a ship going to Tarshish, paid the fare, and went down in it to go with them to Tarshish, away from the Lord.

The Lord, however, hurled a great wind upon the sea, and the storm was so great that the ship was about to break up. Then the sailors were afraid and each one cried to his god. To lighten the ship for themselves, they threw its cargo into the sea. Meanwhile, Jonah had gone down into the hold of the ship, and lay there fast asleep. The captain approached him and said, “What are you doing asleep? Get up, call on your god! Perhaps this god will be mindful of us so that we will not perish.”

Then they said to one another, “Come, let us cast lots to discover on whose account this evil has come to us.” So they cast lots, and the lot fell on Jonah.

CONFIRMATION

Questions to ask yourself:

What happens when I share the idea of serving as a Mission Doctor with other people?

How do I interpret the positive and negative responses?

Do I seek to find God's voice in the voices of those who know me and who love me?

Do I find myself strengthened rather than weakened in my



“ I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve. ”

Dr. Albert Schweitzer

Matthew 9:9-13

As Jesus passed on from there, he saw a man named Matthew sitting at the customs post. He said to him, “Follow me.” And he got up and followed him. While he was at table in his house, many tax collectors and sinners came and sat with Jesus and his disciples. The Pharisees saw this and said to his disciples, “Why does your teacher eat with tax collectors and sinners?” He heard this and said, “Those who are well do not need a physician, but the sick do. Go and learn the meaning of the words, ‘I desire mercy, not sacrifice.’ I did not come to call the righteous but sinners.”

PRAYER



Continue to pray for the understanding of where God is calling you.

God has work for us to do.

We practice discernment so we can determine what this work is.

John 1:43-51

The next day he decided to go to Galilee, and he found Philip. And Jesus said to him, “Follow me.”

Now Philip was from Bethsaida, the town of Andrew and Peter. Philip found Nathanael and told him, “We have found the one about whom Moses wrote in the law, and also the prophets, Jesus son of Joseph, from Nazareth.” But Nathanael said to him, “Can anything good come from Nazareth?” Philip said to him, “Come and see.” Jesus saw Nathanael coming toward him and said of him, “Here is a true Israelite. There is no duplicity in him.” Nathanael said to him, “How do you know me?” Jesus answered and said to him, “Before Philip called you, I saw you under the fig tree.” Nathanael answered him, “Rabbi, you are the Son of God; you are the King of Israel.”

Jesus answered and said to him, “Do you believe because I told you that I saw you under the fig tree? You will see greater things than this.” And he said to him, “Amen, amen, I say to you, you will see the sky opened and the angels of God ascending and descending on the Son of Man.”

Prayer for Discernment

God our Father,
You have a plan for each one of us,
You hold out to us a future full of hope.

Give us the wisdom of your Spirit
so that we can see the shape
of your plan in the gifts
you have given us,
and in the circumstances
of our daily lives.

Give us the freedom of your Spirit,
to seek you with all our hearts,
and to choose Your Will above all else.

We make this prayer through Christ our Lord.

Prayer of St. Ignatius

Thank you for downloading our Discernment Guide

Since 1959, Mission Doctors has made it possible for Catholic Doctors and their families to follow the call of their faith to serve at Church run hospitals and clinics around the world.

Every location is evaluated for need, security, housing, spiritual and professional support, and the ability to utilize the medical skills of a doctor. Additionally all sites are visited annually by a member of the organization.

There are two programs for international medical service: Long-term (3 years) and short-term (1-3 months).

To learn more about our service opportunities for Catholic doctors, dentists nurse practitioners and physician assistants please visit our website.

Serve Long Term

<https://www.missiondoctors.org/serve-long-term/>

Serve Short-Term

<https://www.missiondoctors.org/serve-short-term/>

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A Mission of Healing. A Partnership of Hope

Following Christ's call to heal the sick, Mission Doctors Association provides lifesaving medical care for the poor and training for local healthcare professionals around the world.

To learn more about Mission Doctors visit www.MissionDoctors.org