



Catholic Central Activity Guide

Episode 13: The Purpose and Meaning of Life

Diving Deeper

- What is your earliest memory of “wanting to be something when you grew up?” Has that desire or goal changed or stayed the same as you have grown up?
- St. Irenaeus said “the glory of God is a human being fully alive.” Do you know anyone who is “fully alive?” What qualities do they have? How do you know that they are “fully alive?” On the contrary, how can you recognize someone who is not “fully alive?”
- We just heard what the Church has to say about the purpose and meaning of life. How is this similar or different to the purpose and meaning of life presented by popular culture?

Go Forth

- Often we only realize the purpose of someone or something when we look back. How do you want to be remembered at the end of your life? What do you hope people say about you?
- It is often said that your vocation lies in the overlap of your individual talents and the needs of the world. Make a list of your talents and strengths. Then, make a list of needs of the world (children are starving, lack of adequate housing, violence in our cities and world, etc). In a third column, make a list of how you might use your talents to help alleviate the problems in the world.



Resources

- [Prayers for discernment from St. Ignatius of Loyola](#)
- [Vocation Match test](#)

