

I ♥
JESUS

Vocation REFLECTIONS

JANUARY 2026

Two questions to ponder

By Sister Catherine Bertrand, SSND

1.

To WHOM
do I want
to entrust
my life?

Years ago, in an address to the National Catholic Student Coalition, I identified these two questions as being fundamental in discernment. Now, many years later, my recollection of the significance of these two questions focused on the phrases “to whom” and “to what.” And indeed, these are significant elements. However, I would like to begin by unpacking the word “entrust.” What does it mean to entrust something or someone? Webster has some thoughts by way of definition pointing out that “to entrust” means “to turn over responsibility, or consign, to put into someone’s care or protection, to commit or commend.” Entrust implies committing with trust and confidence.

2.

To WHAT
do I want
to entrust
my life?

I don’t often look to the dictionary for inspiration or direction but I think this definition is helpful. Discernment is a way of life, not just a movement or process for decision-making. Each moment invites a commitment coming from a place of profound trust and deep confidence, a place where God’s spirit dwells. To whom and to what do I entrust my life? God alone is deserving of such heartfelt trust and commitment. God’s presence in us, in others, in all creation is the manifestation, the incarnation, the spark that enflames our hearts in a selfless response, not once and for all, but moment by moment for time and eternity.

To WHOM do I entrust my life? To the God within, beyond, among – the God of mystery, yet the God made manifest. **To WHAT do I entrust my life?** To God’s work, to God’s design in whatever shape it comes, and in whatever way we choose to respond. One of God’s greatest gifts – maybe THE greatest gift – is freedom... freedom to choose! Discernment is not about God playing “hide and seek” with us, allowing us to stumble around until we find what seems to be “God’s will.” Rather, God’s great love and expansiveness provides us with multiple choices, multiple goods, from which we might choose. God’s deepest desire and design is our happiness...not just a sense of satisfaction, but happiness that is grounded in discovering who we are and what is being asked of us, and attempting to respond with all the love and passion that we can.

“LOVE
is the sign
through which
the world
should be
convinced that
we believe in
Jesus.”

Blessed Theresa of
Jesus Gerhardinger,
foundress of the
School Sisters
of Notre Dame
From letter #949
written in 1850

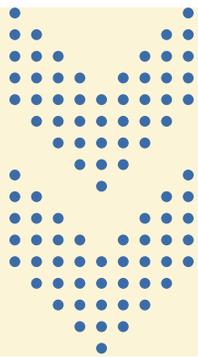
Years ago, I heard this little prayer and it continues to put into words my own “entrustment.” **God, remember my younger heart’s desire.** Life experience has led me to believe that this simple prayer is answered time and time again, inviting my older, sometimes battered and bruised heart to trust in a God who knows and remembers my younger heart’s desire.



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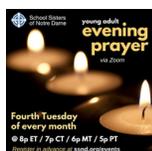


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For young adults ages 18+

January 27, 2026

8 p.m. ET / 7 p.m. CT via Zoom



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United in Faith and Community

Catholic Schools Week

Celebrating Vocations Day

Thursday, January 29, 2026

World Day for Consecrated Life

February 2, 2026

God's cause
is the *only concern* of
our hearts Blessed
Theresa
of Jesus
Gerhardinger

La
causa de Dios
es la *única preocupación* de
nuestros *CORAZONES*
Beata Teresa de Jesús Gerhardinger



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