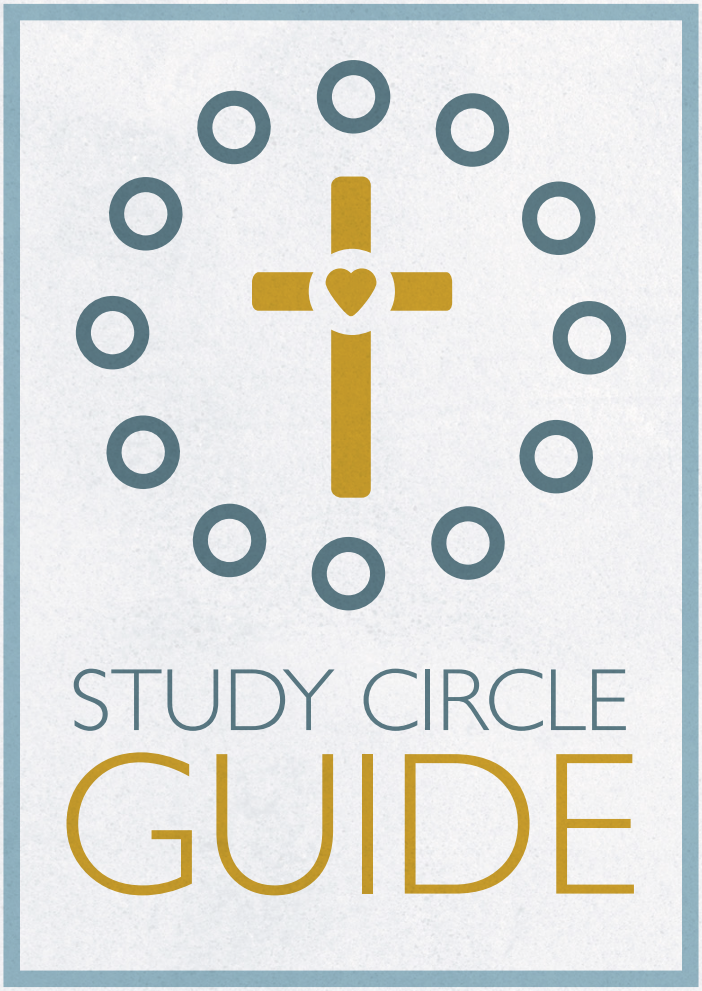

STUDY CIRCLE
GUIDE

UNTIL CHRIST BE FORMED IN YOU

A Regnum Christi Essay on Our Approach to Formation in the Movement

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SUMMARY

This Study Circle Guide is only a pointer to a ready-to-go resource perfect for a practical, in-depth study about formation in the Regnum Christi Movement: *Until Christ be Formed in You: A Regnum Christi Essay on Our Approach to Formation in the Movement*.

This Essay was designed from the beginning to be useful for individuals, small groups, and even classrooms, either for spiritual reading, personal meditation, or group study. It provides sufficient structure for effective small-group meetings but avoids an overabundance of stifling material.

It focuses on how to lead others to the fulness that God wants for them.

In this Essay, Until Christ Be Formed in You, Fr. Daniel helps us to explore how to form others in three chapters: (1) How not to form someone, (2) How Jesus formed his disciples, and (3) Implications for Regnum Christi. By the end of this essay, you won't have all the answers, but you'll have a clearer picture of how to form someone.

It is divided into three chapters, and at the end, there are two appendices: one with a list of questions for group discussion and another with a practical examination to help assimilate the principles explained in the Essay.

CATEGORIES OF INTEREST

Formation; Leadership; Accompaniment, Spiritual Growth; Regnum Christi Spirituality

RECOMMENDED NUMBER OF SESSIONS

This Essay can be used in two different ways as a Study Circle Guide.

1. All members of the group can read the entire Essay before the meeting and simply go through the group discussion questions in the appendix, taking as much time as they need to go deep.
2. The group could read together each chapter of the Essay, and then pause to discuss that section, using generic questions like the following:
    - What struck me most in this section and why? What, if anything, did I not understand fully in this section?
    - How would I explain the main point of this section in my own words?
    - How can the main point of this section apply to me personally in my current season of life?

In this second method, the group could go at a natural pace, taking as much time as necessary to read through the entire Essay. Ideally, the group facilitator would have read the entire Essay, so as to be able to avoid having the group get into heated discussions about the topics that will be explained later in the Essay.

MATERIALS NEEDED

- Everyone will need a copy of the Essay.
- **OPTIONAL:** If you have never moderated a small-group study, we recommend that you read "The Better Part Group Study Guide" published at www.SpiritualDirection.com and available there as a free download. This is a leader's guide that explains how to use *The Better Part* in a group discussion setting. This Guide is short and provides extremely helpful hints for any small group activity.

STRUCTURE OF A SESSION

The structure of a study session using this resource could be this simple (although individual groups could adjust it as they see fit):

1. Opening Prayer
2. The moderator gives an overview or summary in their own words of the content of this RC Essay.
3. Either:
    - Time for silent reading and reflection of the personal questionnaire in the appendix
    - Reading aloud together the discussion questions, then allow time for silent reflection
4. Discussing the content of the RC Essay commentary, either using the questions for reflection and discussion or simply diving in according to the spontaneous reaction of the participants.
5. Conclusion:
    - It is a good idea to vocalize at the end the major discoveries or insights that the discussion brought about.
    - It can also be a good idea to finish by vocalizing some personal commitments that can help

the participants inject into their daily lives the wisdom they discovered in the passage. These commitments can be reviewed at the beginning of the next session.

- Concluding prayer

WHO CAN PARTICIPATE?

Anyone who desires to develop their leadership skills and knowledge of formation. The book is entirely self-explanatory. It begins with specific references to Regnum Christi, so those would need to be explained to someone not familiar with the Movement.

The questions for reflection and discussion are at the end of the RC Essay and reflect the Christ-centered and apostolic nature of the spirituality proper to the ecclesial movement Regnum Christi, but nothing in them would exclude or confuse any Catholic (or Christian, for that matter) who is eager to know, love, and follow Jesus more completely.

HOW MUCH HOMEWORK?

The amount of homework will depend on the modality of study chosen. Either everyone will need to read the whole Essay ahead of time, or everyone can read it together in the actual meeting, section by section.