



REGNUM CHRISTI

Discernment Course

Discernment Course: Session 1

A Gift for the Church

The Vocation to Regnum Christi

This document offers information to assist those who are discerning a vocation to Regnum Christi.

Introduction

Regnum Christi was born *as an ecclesial movement of apostolate* that seeks to make present the Kingdom of Christ through the sanctification of its members and through a personal and communal apostolic action so that Jesus Christ may reign in the hearts of all people and of society. (Preamble SRCF)

Regnum Christi members live in dozens of countries, speak many different languages and represent multiple cultures. They hail from a wide spectrum of economic-social status. They are young and old, married and single. They are Catholic.

What they share is a love for Christ and dedication to the New Evangelization. They believe they have a responsibility to evangelize culture and balance personal spiritual formation with apostolic zeal. They are *contemplative and evangelizing*.

Our membership consists of about 21,500 youths, adults, deacons, and priests and 10,000 in our ECYD organization for boys and girls, in more than 30 countries.

Our History

Regnum Christi began as one of the new ecclesial Movements in the church. It was made up of a religious order of priests (The Congregation of the Legionaries of Christ), the Lay Consecrated Men of Regnum Christi, Consecrated Women of Regnum Christi and the lay members who live single or married in the secular world.

The Legionaries of Christ are a religious Congregation of priests, of pontifical rite, founded in 1941 in Mexico. In 1965, Pope Paul VI granted the Decretum Laudis to the Legion. Pope Francis approved their revised constitutions in November of 2014.

The priestly order of the Legionaries of Christ and the Regnum Christi Movement were founded in 1936 by Fr Marcial Maciel, responding to a call that would offer to the Church well-formed priests and lay people with a Christ-centered spirituality and apostolic dynamism to form apostles in the Church and build the Kingdom. The first statutes of Regnum Christi were drafted in 1959. The first groups of lay people in Regnum Christi began in 1968, from the invitation, formation, and guidance of the priests of the Legionaries of Christ.

In November 2004, Saint John Paul II granted definitive approval to the Statutes of the Regnum Christi Apostolic Movement.

After revelations in 2009 that the hidden life of the founder did not exemplify the virtue demanded by Christian morality or the priesthood, Pope Benedict XVI led Regnum Christi in a rediscovery and purification of the charism and mission given by God to all Regnum Christi Members and Legionaries of Christ, under the leadership of Cardinal Velasio de Paolis.

In 2013, the Lay Consecrated Men of Regnum Christi and Consecrated Women of Regnum Christi held assemblies and submitted new statutes to the Holy See for approval. In 2014, the Legionaries of Christ held an extraordinary general chapter, and their revised Constitutions were approved by the Holy See. Finally, in 2016, the lay members of Regnum Christi proposed amended statutes that were submitted to the Vatican for approval later that year.

On May 31, 2019 following this period of renewal, the Congregation for Institutes of Consecrated Life and Societies of Apostolic Life canonically established the Regnum Christi Federation and approved its statutes.

The decree of the establishment recognizes that the members of Regnum Christi have received an authentic Charism.

“ The Congregation of the Legionaries of Christ, the Society of Apostolic Life of the Consecrated Women of Regnum Christi, and the Society of Apostolic Life of the Lay Consecrated Men of Regnum Christi, their members and the other faithful individually associated with the Federation, belong to Regnum Christi, a spiritual family and apostolic body.” (SRCF 3)

In this way, the Church has confirmed the identity and charism of Regnum Christi.

What is a charism?

799 CCC Whether extraordinary or simple and humble, charisms are graces of the Holy Spirit which directly or indirectly benefit the church, ordered as they are to her building up, to the good of men and to the needs of the world.

There are many charisms in the Church, and all religious orders and approved Movements have their own charism. All charisms contain elements of Catholic life. Different charisms, emphasize different aspects.

A charism is made up of three parts: Spirituality, Communion and Mission.

How do you know if you are one of those people God has prepared to receive the Regnum Christi charism and called to become a saint by helping that charism unfold in your life?

Those whom God calls will feel something stir within their minds and hearts when they come into contact with other people incarnating the same charism. It may not be automatic or immediate. The stirring may come after extended exposure and participation over a long period of time, for example. The *how* and the *when* of a vocation like this may vary from person to person and are part of the mystery of God's loving action in one's life.

At the same time, it is possible to like and appreciate Regnum Christi members, activities, and apostolates without experiencing any internal resonance or sense of heartfelt attraction. Not everyone in the Church is called to join a movement, and not everyone called to join a movement is called to join Regnum Christi (Bartunek, J. 2019, What is Regnum Christi? pp. 42-43).

Regnum Christi is a Christian Vocation

"The lay members of Regnum Christi are Catholics who, without assuming the evangelical counsels by a sacred bond [i.e., a vow], personally embrace a vocation from God to live their baptismal commitments in the midst of temporal realities according to the charism of Regnum Christi, the fundamental traits of which are described in numbers six to thirty of the Statutes of the Regnum Christi Federation and in this Rule of Life.

This vocation occurs within the context of normal Catholic life and is presented by God as a way to live that life more fully.

Of course, feeling an attraction is not sufficient to discern a vocation to any communal charism, Regnum Christi included. That attraction, or an invitation from a trusted friend or acquaintance, should serve as the beginning of a journey of discovery and discernment on the part of the person who may be called, as well as on the part of the other members of Regnum Christi who are called to welcome in Christ's name those whom the Lord calls into this spiritual family" (Bartunek, J. 2019, What is Regnum Christi? pp. 45-46).

"According to St. John Paul II, the charisms of spiritual families in the Church are characterized by "a profound desire to be conformed to Christ to give witness to some aspect of his mystery." The charism of a spiritual family confers on its members a particular grace to contemplate, live, and communicate a particular mystery of Christ, and thus offer the Church and the world a specific way to make the Mystery of Christ present in its totality (Regnum Christi Identity, 2019).

The Legion of Christ, The Societies of Apostolic Life of Consecrated Women and Lay Consecrated Men of Regnum Christi and the lay members share the same charism, spirituality and mission. We seek to work as Jesus did.

Ultimate Purpose

“We seek to give glory to God and make the Kingdom of Christ present in the hearts of all people and in society, by our sanctification in the state and condition of life to which God has called us, and by personal and communal apostolic action” (SRFC 7).

Our Mission

“To fulfill our mission, we seek to make present the mystery of Christ who goes out to people, reveals the love of his heart to them, gathers them together and forms them as apostles and Christian leaders, sends them out and accompanies them as they collaborate in the evangelization of people and of society” (SRFC 8).

Apostolic Fruitfulness

“Aware that the Kingdom of Christ is a gift and that we cannot build it by human strength alone, we seek to remain always in communion with Christ and with his Church, like the branch on the vine (see John 15:5). As followers and collaborators of Christ the Apostle, we know that prayer, participation in his cross, generosity in the service of others, trust in the action of his grace, and the witness of an authentically Christian life must precede and accompany all our apostolic action” (SRFC 9).

A way of self-giving

“The personal experience of Christ’s love produces an interior urging in our hearts that impels us to passionate self-giving in order to make his Kingdom present: *“caritas Christi urget nos”* (2 Corinthians 5:14). This passion moves us to take on a way of living that is characterized by:

1. accepting that following Christ includes spiritual combat, the struggle marked by perseverance and trust in the Lord in the face of the reality of evil and sin in one’s own life and in society, moved by the power of love to the extreme;
2. undertaking with a magnanimous, enthusiastic, and creative heart the actions that make the Kingdom present in greater depth and extent;
3. going out to address the most pressing needs of the world and the Church;
4. facing challenges with courage and boldness in our personal lives and in the apostolate;
5. making the most of the opportunities that arise in life to proclaim the love of Christ with Christian audacity;

6. fulfilling the responsibilities we assumed and striving to give the best of ourselves both in our formation and in our work” (SRCF 10).

Our Apostolic Activity

“Seeking to respond effectively to the principal needs of evangelization in our own sphere of life and without excluding any type of apostolic activity, we undertake initiatives and establish apostolic works directed especially at proclaiming the faith and spreading Catholic doctrine; at the Christian formation and education of children, adolescents and young adults; at the promotion of marriage and the family; at vocation ministry; at the evangelization of the professions, of culture and of the media; and at the promotion of social justice and the practice of the works of mercy”(SRCF 11).

We employ our principles and charism to work in cooperation with and in support of the church at all levels. We serve the Church and its pastors in every way we can, wherever it has need – especially in the formation of apostles at the service of the Church.

With this specific charism, joining Regnum Christi is different from joining a club. Becoming a member of Regnum Christi is an answer to a call from God, a vocation within the state in life you are living.

It means taking time and effort to gradually discover and fulfill God’s plan for your life by assimilating and living out the Regnum Christi charism. It means joining one of the Holy Spirit’s newest additions to the family of spiritual and apostolic associations within the Church.

“The charism of a spiritual family confers on its members a particular grace to contemplate, live, and communicate a particular Mystery of Christ, and thus offer the Church and the world a specific way to make the Mystery of Christ present in its totality” (Regnum Christi Identity pp.12-13).

Youth in the Regnum Christi Spiritual Family

ECYD is an international, Catholic association of adolescents, ages 11-16, who make a pledge of friendship with Christ and with each other to build up a new world according to the Gospel. As children of the Regnum Christi Spiritual Family, ECYD adolescents live out the Regnum Christi Charism according to their age (ECYD Statutes 1&2).

- ECYD is an acronym that represents “encounters, convictions. your decisions,”
- Friendship with Christ is the specific characteristic of Christ-centeredness in ECYD.

What is Discernment?

"This is discernment" - the process of prayerfully and mindfully making decisions.

How to discern the call to Regnum Christi?

Every day we face decisions, big & small, about life (school, career, work, relationships), priorities and goals, how to spend our time, what to pay attention to and what to put off for another day. How do we make these choices? How do we weigh competing values?

Everything in this world is presented to us so that we can know God more easily and make a return of love more readily. Thus, our only desire and our one choice should be this: I want, and I choose what will give the most glory to God and be expressive of my own deepest self, my authentic self.

The Process of Discernment

1. Become Aware

A confirmed awareness of resonating with the Regnum Christi charism will eventually lead a person to ask the question: Is God inviting me to become a Regnum Christi member?

2. Understand

Obtain the necessary information to decide prayerfully and intelligently if God is calling you to a vocation in Regnum Christi.

What is drawing me naturally to this specific vocation?

- What are my gifts?
- What motives are driving me in my choices? (purity of intention)
- Where am I best suited to serve Christ and others?

(As you gather information, it is good to involve others in your discernment process, especially those who will be affected by this decision; spouse, children, and other family members.

Consider their thoughts, feelings and desires about the possibility of you becoming a member of Regnum Christi.)

Spiritual Guidance is recommended as part of your discernment. Spiritual Guides can help you process what you may be experiencing in your prayer life and what and why you are experiencing regarding possible association into Regnum Christi.

3. Take Action

Pray for inner freedom and balance that allows you not to be inclined more toward one alternative or option than to the other. Contemplate, “What is the most loving choice I can make? What is the choice that helps me live out my Christian vocation as God wills?”

Consider possible obstacles that can distract you from proper discernment: unhealthy attachments, perfectionism, fears, lack of control, past hurts etc.

...it is proper for the good spirit to lead primarily through “strength, consolations, tears, inspirations, and peace. This He does by making all easy, by removing all obstacles so that the soul goes forward in doing good” (315).

Ask yourself if you feel “blessed” by your decision, in the sense of experiencing: “The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control” (Galatians 5:22-23)? This awareness of these thoughts, and feelings are all parts of your inner experience of the Holy Spirit accompanying you to the truth.

These feelings of consolation guide your decision when they lead you in the direction of loving and serving God, those around you, and your authentic self. (These feelings are different from emotions that point towards desires shaped by disordered attachments directed only at selfish ways.)

If your feelings alter between consolation and what we might call “desolation” praying for purity and openness to God will help.

Trust God and make a decision based upon the outcome of your discernment, even if you are not certain about it.

4. Look for Confirmation in Your Choice

Points to Ponder:

- God uses others to lead and guide us into action
- Do I have interior peace?
- Do I have the affirmation of others?
- What does my Spiritual Guide think (if you have one)?

Discernment Course: Session 2

The Spirituality, Communion & Mission of Regnum Christi

The Statutes of the Regnum Christi Federation express the ultimate purpose of Regnum Christi as the following:

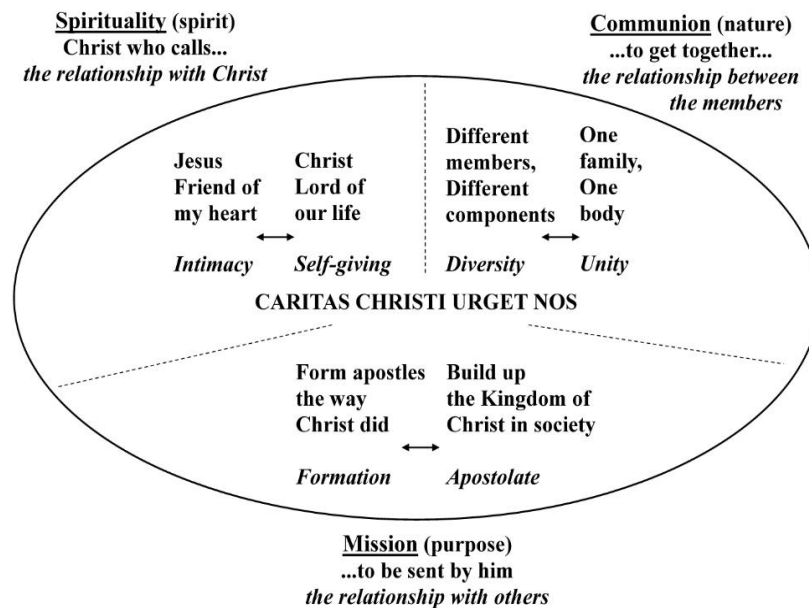
We seek to give glory to God and make the Kingdom of Christ present in the hearts of all people and in society, by our sanctification in the state and condition of life to which God has called us, and by personal and communal apostolic action (SRCF 7).

We believe:

“To fulfill our mission, we seek to make present the mystery of Christ who goes out to people, reveals the love of his heart to them, gathers them together and forms them as apostles and Christian leaders, sends them out and accompanies them as they collaborate in the evangelization of people and of society” (SRCF 8).

We are:

“Aware that the Kingdom of Christ is a gift and that we cannot build it by human strength alone, we seek to remain always in communion with Christ and with his Church, like the branch on the vine (see John 15:5). As followers and collaborators of Christ the Apostle, we know that prayer, participation in his cross, generosity in the service of others, trust in the action of his grace, and the witness of an authentically Christian life must precede and accompany all our apostolic action” (SRCF 9).



“It doesn’t mean that each person’s experience of the call necessarily follows that sequence of the elements: first the experience of spirituality, then the experience of communion and lastly the experience of the mission. The coming-to-awareness of the call can start at any point – spirituality, communion or mission. No matter where they start, they will enter the essential structure” (Owens and Langan, 2014, Quest for the Core p.119).

Spirituality of Regnum Christi (Cristo-centric)

“Our spirituality is centered above all on Jesus Christ and born from experiencing his love. We seek to respond to our Friend and Lord with a personal, real, passionate and faithful love. Through the action of the Holy Spirit, we are sons and daughters in the Son who becomes the center, standard and model of our life. We learn to encounter him in the Gospel, the Eucharist, the cross and our neighbor” (SRCF 12).

Our love for Christ should be real, it should be personal, he is within us and walking beside us. He is always near and our love should be passionate, so that Christ becomes the one ideal of our life.

The decision to join Regnum Christi is an exercise of our free will and responds to a deeply felt personal conviction that this is where God wants me, based on His action in my life.

There are many movements and new Ecclesial communities in the Church today, each with a particular focus on an aspect of the mission of Christ. Regnum Christi’s particular focus is dedicating our efforts to making present the Kingdom of Christ so that he may reign in the hearts of all mankind.

“Bearing witness to, proclaiming, and expanding the Kingdom of Christ constitutes the ideal that inspires and directs us. Our motto — “Christ our King, thy Kingdom come!” — expresses this longing. Therefore:

1. we seek to clothe ourselves with Christ in our hearts and in our works, so he reigns in our lives through a progressive configuration with him.
2. we let ourselves be permeated by Christ’s love for humanity, striving to have him reign in the hearts of all people and society” (SRCF 13).

We understand the Holy Spirit is the author of our transformation into Christ and our apostolic fruitfulness. For us it means a deep devotion to the Holy Spirit, a great fidelity to His inspirations through his lights and inspirations He enables us to fulfill God’s will – we cooperate joyfully and generously with Him in his work of extending Christ’s Kingdom.

Regnum Christ Members are motivated by:

- **Love for Christ**

“By revealing the love that burns in his Heart, Christ invites us to love him and all he loves: the Father who sent him to redeem us; the Blessed Virgin Mary, his Mother and ours; the Church — his Mystical Body — and the Pope; all people, his brothers and sisters, for whom he gave his life; and the spiritual family of Regnum Christi as a way to make his Kingdom present in our hearts and in society” (SRCF 14).

- **Love for the Blessed Mother**

“The Blessed Virgin Mary was given to us as our mother at the foot of the cross, through the beloved disciple. For this reason, we love her with filial tenderness, entrust ourselves to her care, and seek to imitate her in her virtues. She, the Queen of Apostles, forms our heart as apostles of the Kingdom and intercedes for the fruits of our apostolate” (SRCF 15).

- **Love for the Church**

“We love the Church, the seed and beginning of the Kingdom on earth. We feel we are a living part of her and collaborate in her evangelizing mission. We are loyal to the Pope and the other bishops with love and obedience, know and spread his teachings, back his initiatives and support the local Church” (SRCF 16).

- **Love for all people**

“We make our own the attitude of Christ who “loved his own in the world and loved them to the end” (John 13:1), and so:

- 1. we recognize the dignity and sacred value of each person;*
- 2. we seek to go out to meet their material and spiritual needs;*
- 3. we seek to collaborate with Christ so that our brothers and sisters may know him, find fullness of life in him, and reach eternal salvation” (SRCF 17).*

- **Love for Regnum Christi**

“We love the spiritual family of Regnum Christi as a gift from God that helps us encounter Christ, grow in friendship and intimacy with him, and be his apostles in communion with others” (SFRC 18).

- **We are Contemplative and Evangelizing**

- 1. *Contemplative, because we discover Christ's presence and love in our own hearts, in our neighbor, and in the world. We seek to be men and women of interior life, lovers of prayer, and we recognize the primacy of God's action in our growth in holiness and in the apostolate;*
- 2. *Evangelizing, because, driven by the desire of Christ to enkindle the fire of the Father's love in all hearts, we live as missionary disciples who seek to proclaim the Kingdom and bring the light of the Gospel to everyone" (SRCF 20).*

- **Sense of time**

Regnum Christi Members understand that eternal communion with God is the desired outcome of every human life and that all we have is "the here and now" to make Christ's Kingdom present. We value the time we have been given to cooperate in God's plan of salvation and we live it with a sense of urgency.

- **Charity, the queen of all virtues.**

For Regnum Christi members, living charity is a cornerstone for us. Our statutes state:

"1. Embracing Christ's new commandment to "love one another as I have loved you" (John 13:34), we consider charity the queen of all virtues and the seal of authenticity in Christian life.

2. Charity entails universal and thoughtful self-giving to one's neighbor; creative and selfless service; treating people with kindness and simplicity; being merciful with people's weaknesses; speaking well of others; forgiveness and reconciliation" (SRCF 21).

We work to maintain unity within the Movement like the first Christian communities and this even includes thinking well of others.

Communion

The love that burns in the heart of Christ is a love that gathers others together in communion, inviting them to remain in him. It's a love that makes us brothers and sisters in him.

At the beginning of his public life, Jesus calls twelve men. He goes out to meet each one wherever they live their day-to-day life. He calls them to be with him, he reveals to them the mysteries of the Kingdom and the love that burns in his heart. He gathers them together into a community and makes them sharers in his mission.

Gathering disciples to form with them a community for the mission is not something optional; it is the founding of the Kingdom.

By bringing them together, Christ reveals a greater mystery, the mystery of the restored communion that is the Church, his Body, and the beginning of his Kingdom on earth. They are united around him and united in the mission.

We recognize it as God's plan that the Legionaries of Christ, the Consecrated Women of Regnum Christi, the Lay Consecrated Men of Regnum Christi and the associated faithful live in a profound communion and that we are to be witnesses to the love of Jesus Christ by the unity and charity among us. These institutions, their members, and the associated faithful share a common spirituality and mission, which each live according to their individual identity and vocation, as expressed in their proper law.

The spiritual and supernatural bonds that unite the four vocations in Regnum Christi find expression above all in prayer and mission.

"The Regnum Christi Federation brings together men and women in different states of life for two general reasons:

1. So that together they can help each other live their own lives of grace to the full. This is what is meant by living in a "profound communion" and "being witness to the love of Jesus Christ by the unity and charity among us." Regnum Christi members benefit from the mutually enriching experiences of members in different states of life. We journey together in our pursuit of deeper friendship with Christ, sharing our spiritual experiences and creating a true spiritual family where the giving and receiving of each member creates a multiplying effect.

2. Regnum Christi brings together members from different states of life to share in a common mission: to multiply the impact of each individual's efforts to build up Christ's Kingdom. The shared spirituality is the bridge between the communion of life within Regnum Christi and the missionary activity reaching out into society" (Bartunek, J, 2019 What is Regnum Christi? pp. 50-51).

Mission

The Apostle of the Kingdom

"An apostle of the Kingdom is what we call a person involved in the mystery of Christ". "There is nothing in my life that cannot be engaged and touched by Christ. Everything in my life is called to be a place where his Kingdom comes. He enters into a relationship with me and calls me to live in him" (The Regnum Christi Identity, pp. 28-29).

“To fulfill our mission, we seek to make present the mystery of Christ who goes out to people, reveals the love of his heart to them, gathers them together and forms them as apostles and Christian leaders, sends them out and accompanies them as they collaborate in the evangelization of people and of society” (SRCF 8).

The ECYD mission is to collaborate with Christ so that he might reign in the hearts of adolescents and the world (ECYD statutes 3).

Regnum Christi apostles:

“...yearn to continue knowing, loving, and following Christ more and more closely, and therefore actively seek to go deeper in their prayer and sacramental life, to be ever more fully “united to the vine” (cf. John 15:1-10).

...long to have Christ’s grace transform every corner of their being, and therefore also work intentionally on their own human and intellectual development.

...feel themselves co-responsible for the life of the Church, whose “deepest identity” is evangelizing, who “exists in order to evangelize” (St. Paul VI), and therefore are always ready and willing to reach out to others with the gospel message. They do this through one-on-one encounters, through sanctifying their everyday activities, and especially through creative and organized apostolic action in harmony with their particular state of life in the Church, which for lay people emphasizes transforming the temporal order with the leaven of the gospel.

...are convinced that Christ’s Kingdom here on earth is constantly being opposed by sin and by the “powers of darkness” (Ephesians. 6:12), and therefore seek to live out every aspect of their Christian identity and mission dynamically, with courage, resilience, and astuteness. This is what we have traditionally called a militant spirit.

...are equally convinced that in Christ the everlasting victory has already been won and given to us through grace, and therefore their lives are marked by a sincere and spontaneous spirit of optimism and joy.

...have experienced Christ’s love for them in a particularly personal way, and therefore give extra attention to passing on that love to others in everything they say and do, especially through hidden acts of kindness and through always showing honor and respect for others in their words. This is what we have traditionally called “benedicencia”.

...view time as one of God’s most precious gifts, and therefore seek to use their time wisely and responsibly as a way of glorifying and loving the Lord”(Bartunek, J. 2019, Our Formation Pathway, pp. 19-20).

Discernment Course: Session 3

The Promises to Christ in Regnum Christi, The Five Elements of Life in Regnum Christi

When you associate into Regnum Christi, you prayerfully make the following promises to Christ:

“Lord, you have called me to consciously live my baptismal vocation to holiness and to apostolate according to the charism of Regnum Christi, to give myself to Christ in my state and condition of life so he may reign in my heart and in society. That is why I wish to renew my belonging to Regnum Christi as a member of this spiritual family. To achieve this, I commit to the following:

To achieve this, I commit to:

- grow in friendship with Christ, developing the life of grace through prayer and the sacraments;
- live the evangelical virtues of poverty, filial obedience and purity in thought and action;
- fulfill the duties of my state in life with love and honesty as a service to God and to others.
- apply myself to my integral formation and forge my Christian leadership;
- initiate and participate in apostolic initiatives;
- profess a faithful and active love for the Holy Church, the Pope, and the other bishops;
- generously offer my prayer, talents, time, and material goods to collaborate in the mission of Regnum Christi at the service of the Church.

Whenever promises are spoken of, we may feel uneasy and a little afraid; we feel that we are taking on a responsibility that perhaps is beyond our strength. Because of this, we will analyze briefly some of the practical ways we live these promises.

It is undeniable that to reach a goal or an objective certain means must be used.

In order to pursue a career, it is necessary to study. In order to lose weight, it is necessary to go on a diet and to recover your health when you are sick, it is necessary to receive treatment.

Regnum Christi puts within our reach various means for sanctification and for bringing souls to Christ: a structure that helps us grow in our life of prayer, community, mission and virtue.

They should be seen as something beautiful that draws us closer to Christ, as a fountain of life, as something marvelous that little by little transforms us, almost without us noticing it.

Regnum Christi Structure

To help members live their baptismal vocation to its fullness, Regnum Christi provides a structure of prayer, team life and mission that will assist them in learning and living the charism.

This is a gradual process of assimilation (*a progressive configuration with Christ*) that requires commitment and perseverance.

The basic structure is universal to all members of Regnum Christi around the world, though it may be implemented differently according to cultural needs.

Five Elements of Life in Regnum Christi

Regnum Christi proposes a Christianity that is active and enthusiastic in love, and a way of life that helps members live their baptismal commitments and fulfill the mission of being Christian in the world. Lay members of Regnum Christi develop this way of life in their spiritual life, formation, apostolate, personal accompaniment and team life (Rule of Life 2).

- **Spiritual Life**

The essence of a member's life is knowing the love of Jesus Christ, loving Him deeply and then sharing His love with others. Christ invites us into an always deepening relationship with Him through prayer and the sacraments and to grow to be more and more united to Him.

- **Formation**

When we speak of Formation in Regnum Christi, we speak of Integral Formation™ which involves the spiritual, human, intellectual and apostolic areas of our lives. It allows us to form a strong and rich Catholic worldview, to develop our capacity to go deeper in our relationship with Christ and to “always be prepared to give an answer to everyone who asks you for the reason for your hope” (1 Peter 3:15).

- **Apostolate**

The apostolate or mission of a Regnum Christi member involves all aspects of life. It begins with the foundation of each in their relationship with God, living a God-given vocation as the path to holiness, and then impacting the world through a life lived in

union with God and by reaching out to others in apostolic action.

- **Personal Accompaniment**

Regnum Christi considers personal accompaniment to be essential for following Christ. We seek to accompany each other as Christ accompanied people in the Gospel, one-on-one, discerning and following the path of holiness together. Personal accompaniment can be natural and spontaneous, as in friendships, or more formal and intentional, as in Spiritual Direction.

- **Team Life**

Modelled on the first Christian communities, Regnum Christi members gather in teams to pray, to evangelize and to support and encourage each other in the living of our Christian vocation. Team life provides a nucleus of spiritual friendship, a community which is there to share the gifts and challenges of daily life, and a group of like-minded apostles working together to bring the light of the Gospel to those around them.

“Life in ECYD revolves around these same 5 elements that are meant to be experiences of encounter through which an adolescent can forge their convictions and decisions in accordance with ECYD spirituality” (ECYD Statues 19).

Individually	In Team	Section/ Locally/ Regionally	Territorially
<ul style="list-style-type: none"> ● vocal prayer ● mental prayer ● Mass and Communion ● confession ● liturgical season celebrations ● spiritual direction ● team leader dialogue ● apostolic dialogue/mentoring ● study ● vocation statement & program of life ● engaging in apostolate 	<ul style="list-style-type: none"> ● Encounter with Christ ● study circle ● team integration activities ● team apostolic activities ● friendships and relationships among team members 	<ul style="list-style-type: none"> ● monthly retreats ● annual spiritual exercises or triduum of renewal ● study circle ● marriage renewals ● mini-courses, conventions, and RC Day 	<ul style="list-style-type: none"> ● webinars and courses for particular groups of RC leaders (e.g., spiritual guides) ● conventions ● supplemental formation material produced and offered for local or individual use - especially Discernment Course and Initial Formation materials

“For some, the chart will appear to contain unsurprising elements: prayer, different forms of fellowship, courses and training – these are fairly basic means of formation for anyone. For others, the list may look intimidating, giving the impression that it would turn normal life into something monastic. In truth, however, we are not asking of Regnum Christi members anything that the Church herself doesn’t already ask of every Catholic: to use the necessary means to live as friends, followers, and apostles of Jesus Christ.

What Regnum Christi offers is a lifestyle, a pathway, guidance, companionship, and a particular emphasis that flows from our charism. Life in the Movement is one way the Holy Spirit leads many people toward the fullness of their Christian vocation. As an approved institution in the Church, Regnum Christi is recognized as a gift (charism) God has given to help build up Christ’s Kingdom in this particular season of history” (Bartunek, J. Our Formation Pathway, 2019, pp.57-58).

The Encounter with Christ

One of the specific activities Regnum Christi offers for the formation and perseverance of its members is the Encounter with Christ.

The purpose of the Encounter with Christ is to help us meet the living Christ, our Savior, more intensely each day.

By applying what we read and meditate on in the Gospel, by analyzing our personal fidelity to apostolic and spiritual commitments, and by contemplating contemporary occurrences in the light of the Gospel, we come to recognize Christ walking by our side.

The Encounter should draw out all of the best aspects of work as a team. Each member tries to participate in such a way that an atmosphere of trust, flexibility, cordiality, and reverence is created.

The Encounter’s internal dynamic is a springboard to action for the Kingdom of Christ. It takes place in teams and should last approximately an hour. It is usually directed by a team leader, or someone who is assigned this responsibility.

Opening Prayer

Once the members of the team have assembled, the opening prayers of all Regnum Christi activities are recited as usual.

Gospel Reflection

The first part of the Encounter is the reading and the reflection of the Gospel with a few minutes of silent and personal reflection to follow.

After the reflection, the participants are invited to freely offer their brief and spontaneous reflections on the passage.

This first part of the Encounter is closed with a brief summary of the observations made by the group.

Review of Promises

The second part of the Encounter with Christ is the review of promises. These promises are those that every member makes at the association into Regnum Christi.

The promises are then read aloud. Each team member either responds simply, and without explanation: “fulfilled,” “partially fulfilled,” or “not fulfilled” or, a pause is allowed following each promise and the members reflect silently upon how they are living this promise before God.

This review is done with great charity within the team and is used as a tool for interior accountability.

Spontaneous Prayer

The second part of the Encounter concludes with a spontaneous prayer made by one of the members on behalf of the entire team.

This prayer should give thanks to God, ask Him for his help, strength and light, and place each participant’s intentions in His hands.

Case Study

Next, we try to find God as He reveals Himself to us in the occurrences of everyday life. Looking at real life with faith reveals God’s saving plan and disposes us to collaborate with Him in carrying out His plan.

The case study is a search for a new vision of life, a vision based on both human and Gospel values.

It is a search for God’s will in life’s events and for His vision of the world.

The case study calls us to apostolic action for the sake of our world to make Christ and His Kingdom present within it.

Each member presents an event, happening or occurrence. The event chosen can refer to any of life’s dimensions: social, economic, moral, political, family-related, religious, or human.

The case should preferably be current and something which provokes consciousness of a human problem, awakens a sense of solidarity, and nourishes our spirit of fight for authenticity in the Christian spirit.

From the proposed cases, the team votes to select one. Cases should be selected based on how beneficial they will be to the participants and how common the situation is.

Once the case is chosen, the team analyzes the case. (This will bring all of the team members to a better understanding of the reality demonstrated by the case).

Next, the team will consider the case in the light of the Gospel using any relevant Gospel passages, attitudes or acts of Christ.

Finally, we build Christian criteria in ourselves to enlighten and strengthen our wills according to the imperatives which have come to light in the Encounter.

Review of Apostolic Commitment

The fourth part of the Encounter with Christ is the review of apostolic commitment.

In this phase we seek to develop apostolic zeal.

First, the members examine the progress of the apostolic commitment of the team.

Second, the team reviews the fruits obtained from the fulfillment of the resolution of the previous week's Encounter.

Closing

The Encounter ends with a prayer of thanksgiving.

Discernment Course: Session 4

The Encounter with Christ

Before beginning the Encounter with Christ, the team leader appoints team members to read the Gospel passage and lead the spontaneous prayer.

Opening prayer

The team leader leads the opening prayers as in the Regnum Christi prayer book and members remain standing while the Gospel is read. After the Gospel is read, members kiss the Gospel and are seated

Read Sunday's Gospel:

After an appropriate period of silent reflection, (2-3 minutes) members are invited by the Team Leader to share their own lights from the Holy Spirit in relation to this Gospel passage. The source of the Gospel Reflection is lectio divina, (which literally means "divine reading"). For this reason this is not a discussion and we do not comment on other's lights. We approach the gospel as we view and appreciate a work of art letting it impact me and speak to me, noticing what is resonating with me spiritually and listening for God's personal message to me through his Living Word.

Theme of Gospel from participants lights:

The secretary synthesizes reflections into a brief summary for the team.

Review of Promises to Christ

The secretary reads the promises and either pauses for members to reflect silently on each point, or alternatively each member responds simply, without adding justifications or comments: "fulfilled"; "not fulfilled"; "partially fulfilled."

Spontaneous Prayer

After the review of promises, one member offers a brief spontaneous prayer, thanking God and asking for help, strength and light and putting in God's hands each member of the team's personal intentions. (Content is not meant to touch on elements of the promise review.)

Possible Case Studies

Members present cases they have prepared in a brief summary, pointing out the virtue present in the case. After cases are presented, the team votes on which case to study based on its relevance to the needs of the team, and current societal issues.

- 1
- 2
- 3
- 4

Chosen Case

“There are three stages which should normally be followed in the reduction of social principles into practice. First, one reviews the concrete situation; secondly, one forms a judgment on it in the light of these same principles; thirdly, one decides what in the circumstances can and should be done to implement these principles. These are the three stages that are usually expressed in the three terms: look, judge, act. It is important for our young people to grasp this method and to practice it. Knowledge acquired in this way does not remain merely abstract, but is seen as something that must be translated into action “ (Mater et Magistra, Pope John XXIII, 1961).

Look with eyes of faith

The member whose case was chosen expands on it, so that all the facts are presented highlighting causes, consequences, the dilemma or problem, and the elements pointing out the key virtues. Then, other members may offer similar or parallel cases, especially those with comparable displays of virtue, and not limited to cases with similar circumstances. (It is very important for the case study and similar case(s) to remain anonymous)

Judge with a heart, willing to be changed.

When we look at life through our own eyes, we are limited by our experiences. This case invites you to look through God's eyes, seeking truth, beauty and goodness.

- Analyze this case using Gospel Parallels, Virtues/Vices, aspects of Regnum Christi Spirituality etc
- What examples from the case do you see the Holy Spirit working as the protagonist?
- What are some ways your mind is filled with truth and hope?

Act adopting Christ's attitude and actions as our own.

- 1. Personal Lights (How did this case bring about a transformation in you?)
- 2. Team Resolution

Members propose resolutions, based on the case. The team determines one team apostolic resolution for the week ahead. Apostolic resolutions should be *both contemplative (prayer) and evangelizing (action)* and have the goal of impacting the world. They should be concrete, so that one can objectively measure their fulfillment.

Review of last week's apostolic commitments

Review the resolution made from the last Encounter with Christ. Discuss lights and fruits.

Closing Prayer

The team members stand and the team leader leads the closing prayers as written in the Regnum Christi prayer book. Announcements may be made after the closing prayer.

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