



REGNUM CHRISTI

DISCOVER REGNUM CHRISTI

a discernment series



REGNUM CHRISTI



#IAMRC

Legionaries of Christ • Consecrated Women • Lay Consecrated Men • Lay Members



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COURSE OVERVIEW

The DISCOVER RC discernment course is a condensed 3-session series showcasing RC as Spirituality, Mission and Community. RC members share personal testimonies to convey RC's charism, using references from our statutes. It can conclude with a social event and is designed to help those who feel called to RC, discern well and, if they are called, to feel confident and excited to join RC. The course also teaches those discerning about ecclesial movements, discernment, and the commitments that association entails. It can be run as three separate sessions or as a single event with three modules.

Suggested Schedule

7:00 pm - Arrival/social	8:10 pm - Testimony 2
7:30 pm - Intro talk	8:35 pm - Personal reflection/Q&A/group discussion
7:45 pm - Testimony 1	9:00 pm - Closing prayer

Scope and Limits

1. Goal: to give those discerning RC a chance to learn more about the charism and hear testimonies from RC members their age.
2. It is not meant to be someone's first experience of Regnum Christi.
3. It is meant to be the final moment of each potential member's path of discernment.
4. Each session has 1 RC young man and 1 RC young woman share their testimony on the specific theme of each night.
5. Presenters are encouraged to highlight specific numbers from the RC statutes and RC commitments into their testimonies.

Participant Profiles

1. **Ideal Audience Profile:**
 - a. Has experienced and feels drawn to the RC charism, lifestyle, and mission.
 - b. Has already participated in RC apostolates.
 - c. Already has a spiritual director helping them discern RC.
2. **Ideal Presenter Profile:**
 - a. Associated RC member for at least a year.
 - b. Capable of explaining RC in layman's terms.
 - c. Spirituality Session: members with a mature spiritual life and understanding of prayer according to the RC charism.
 - d. Mission Session: members who lead or are highly engaged in apostolate.
 - e. Community Session: members who are great at creating and driving community.

Format

1. Arrival/Social time: RC community is the best environment for discerning RC.
2. Intro talk: tools and information that can help potential members' discernment.
3. Testimonies: members share to their own lived experience to showcase the RC lifestyle.
4. Q&A/Group discussion: time for participants to ask the presenters questions and enrich each others' insights and discoveries.
5. Closing prayer: not just prayer to end the session, but prayer for participants' ongoing discernment.

Best Practices

1. Promotion: this is a course for personal discernment, not a mass event.
2. Select complementary speakers for each session: guy/girl, different RC experiences or discernment journeys, etc.
3. Dedicate time to prep and coach speakers.
4. Ideal moments to offer this course:
 - a. As preparation for: RC Day / Christ the King or post-Holy Week Mission Easter Mass and associations, or spiritual exercises with RC associations.
 - b. As follow-up after spiritual exercises or another retreat showcasing the RC charism.
5. Have a "sponsor" RC member who attends the sessions along with those discerning RC.

SESSION OVERVIEWS

Possible testimony format

- Brief life before meeting Regnum Christi
 - What needs did you have that led you to RC? I.e. spirituality, community, mission, etc.
- Meeting Regnum Christi
 - What was attractive about the charism, or the RC members themselves?
 - What emboldened you to commit?
- Life in Regnum Christi
 - How has your RC charism impacted your spirituality/mission/community?
- Challenge and invitation to the audience
 - What were your reservations about joining RC?
 - What would you say to the audience now?

Session 1: Discernment and Spirituality

- **POTENTIAL RESOURCES SENT TO PARTICIPANTS IN ADVANCE:**
 - Regnum Christi Prayer Book: [HERE](#)
 - Regnum Christi App: [HERE](#)
- **INTRO TALK - DISCERNMENT:**
 - **Presenter Profile:** RC formator expert on the topic
 - **Goal:**
 - Set the tone and purpose of these sessions - deeper understanding of Regnum Christi, in order to better discern officially joining.
 - **Content:**
 - What is discernment? The discovery of God's presence and action in your life, with the purpose of acting on that knowledge.
 - Tools for discernment: discernment of spirits, discernment in decision-making.
 - What are we discerning now? Whether or not you discover the RC charism to be a gift that God is offering you to intentionally live out your baptismal call of being holy and being an apostle.
- **TESTIMONY - RC AS SPIRITUALITY:**
 - **Presenter profile:** members with a mature spiritual life and understanding of prayer and relationship with Jesus Christ according to the RC charism.
 - **RC reference sources:** [Rule of Life 3-5](#), [Statutes 12, 14, 20, 22](#)
 - **In general:** Discover the essence of Regnum Christi spirituality in this event. Learn how lay members center their lives on knowing and sharing Christ's love, being equipped with a strong Catholic worldview for evangelizing culture. Delve into the core principles of this spiritual path, rooted in a passionate and faithful love for Jesus Christ. Understand how Regnum Christi's contemplative and evangelizing nature fosters a deep connection with God and a commitment to spreading the light of the Gospel to all.

Session 2: Charisms and Ecclesial Movements; Mission

- POTENTIAL RESOURCES SENT TO PARTICIPANTS IN ADVANCE:
 - Charism: [HERE](#)
 - Regnum Christi - one family, four vocations: [HERE](#)
- INTRO TALK - CHARISMS AND ECCLESIAL MOVEMENTS:
 - **Presenter Profile:** RC formator expert on the topic
 - **Goal:**
 - Explaining charisms and ecclesial movements.
 - **Content:**
 - **Charism:** A Charism is a gift from God and a specific way that he calls a person or a group to live the spirituality, communion, and mission that comes from a mystery of Jesus' life.
 - **Ecclesial Movement:** a group within the Church that shares the same charism and mission, often expressed as a specific way of living out their baptismal identity and commitments.
 - **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. 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, and the generosity and apostolic dynamism of the laity themselves. These men and women share one charism, moved by the same spirit and the same mission, lived out in their state of life. Aware of their baptismal vocation to holiness and apostolate, they feel called to be apostles and to form apostles, Christian leaders at the service of Jesus Christ, the Church and society. This evangelizing zeal is expressed in works of apostolate and service for the good of all people. [Statutes of the Regnum Christi Federation, Preamble 1-2](#)
- TESTIMONY - RC as a MISSION:
 - **Presenter Profile:** members who lead or are highly engaged in apostolate.
 - **RC reference sources:** [Statutes 7, 8, 9, 10](#)
 - **In General:** Regnum Christi seeks to glorify God and bring forth the Kingdom of Christ in the hearts of all, both individually and within society. Our mission thrives through personal sanctification and collective apostolic efforts. It aims to mirror Christ's outreach, revealing love, gathering individuals as apostles and leaders, and evangelizing society. The Kingdom is a divine gift we can only receive if we stay connected to Christ and His Church. Prayer, sacrifice, selflessness, trust in grace, and genuine Christian living precede and accompany our apostolate. Christ's love empowers us, inspiring passionate self-sacrifice, as echoed in "Caritas Christi urget nos." [2 Corinthians 5:14](#)

Session 3: RC Commitments and Community

- **POTENTIAL RESOURCES SENT TO PARTICIPANTS IN ADVANCE:**
 - 5 Elements of Life in Regnum Christi: [HERE](#)
- **INTRO TALK - RC COMMITMENTS:**
 - **Presenter Profile:** RC formator expert on the topic
 - **Goal:**
 - Help potential RC members understand the commitments that association entails.
 - Help potential RC members understand what RC team life looks like.
 - **Content:**
 - Association to RC is a three-way commitment. The new member is telling the RC community to count on them, and the RC community is committing to accompany and support the new RC member. Finally, the new RC member's association is an open yes to the gift of the RC charism that allows God free hand in forming, nourishing and sending out their apostolic heart.
 - The specific commitments of a RC member (Rule of Life, 15) are 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 their state of life with love and honesty, as a service to God and to others
 - apply themselves to their integral formation, and forge their 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 their prayer, talents, time, and material goods to collaborate in the mission of Regnum Christi at the service of the Church
 - Balancing life: RC lifestyle and commitments as a help, not a hindrance, for balancing your life with a view towards eternity.
- **TESTIMONY - RC as a COMMUNITY:**
 - **Presenter Profile:** members who are great at creating and driving community.
 - **RC reference sources:** [Rule of Life 14, 15](#)
 - **In General:** Drawing inspiration from the early Christian communities, Regnum Christi members come together as a community of apostles, fostering a space for prayer, evangelization, and mutual support in their Christian vocation and apostolic lifestyle. They experience the transformative power of spiritual friendship within this close-knit community, sharing the joys and challenges of daily life, and helping each other discern God's call to mission as a community and in their own personal lives. Explore the pivotal role of the RC team and section as the natural environment for growth within Regnum Christi, providing a foundation for sanctification, formation, and apostolic endeavors.



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APPENDIX: SESSION HANDOUTS

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Session 1: RC as Spirituality

The core of a Regnum Christi member's life is to know Christ's love, love him deeply in return, and share that love with others. All members share a common mission and spirituality, which each one lives according to their identity and specific vocation.

The lay members of Regnum Christi see the spiritual life as the progressive development of the life of God within in them, which leads them to become more and more one with Christ.

Rule of Life, 3

For this reason, they live their spirituality as a dynamic relationship of love with God that is nourished by the sacraments, the Word, the liturgical life, prayer, and the exercise of the theological and moral virtues.

Rule of Life, 4

The spiritual life permeates and harmonizes all areas of their lives.

Rule of Life, 5

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 personal, real, passionate, and faithful love.

Statutes of the Regnum Christi Federation, 12

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.

Statutes of the Regnum Christi Federation, 14

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. This all stems from a love we've experienced from Christ fulfilled in the Eucharist and the sacraments.

Statutes of the Regnum Christi Federation, 20

We seek to make our whole lives, including the apostolate, a continual liturgy to the glory of God.

Statutes of the Regnum Christi Federation, 22

Group Discussion

1. What did I find relatable in the testimonies? What resonated with me and what challenged me?
2. How am I creating space in my life for spirituality?
3. How has Regnum Christi helped me to do that?
4. What is a small or big step Jesus may be asking me to take?

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Session 2: RC as Mission

The mission of a Regnum Christi member covers all aspects of life. It begins with the foundation of building their own relationship with God, living their God-given vocation and state in life as their personal path to holiness, and then impacting the world around them through a life lived in union with God that reaches out to others in evangelization, service, and apostolate.

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.

Statutes of the Regnum Christi Federation, 7

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.

Statutes of the Regnum Christi Federation, 8

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 authentically Christian life must precede and accompany all our apostolic action.

Statutes of the Regnum Christi Federation, 9

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).

Statutes of the Regnum Christi Federation, 10

Group Discussion

1. What did I find relatable in the testimonies? What resonated with me and what challenged me?
2. What does it mean for me to live out my baptismal mission by forming apostles?
3. Even if I am not sure what I have to offer, am I convinced that Jesus has a mission for me?
4. What might be holding me back? What would Jesus tell me about that?

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Session 3: RC as Community

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

Lay members of Regnum Christi ordinarily form part of a team. The team is the natural setting where their life in Regnum Christi grows and develops.

§2. A team is a group of members united in a Christian fraternity to help each other on their journey of sanctification, in their formation, and in their apostolic work, following the example of the first Christian communities.

Rule of Life, 14

The Encounter with Christ is the center of team life. In it, the lay members, as a community of faith, by the light of God's Word, examine their Christian life, discern what the Lord expects of them in evangelizing the reality of the world they live in, encourage each other in their following of Christ, and enkindle their apostolic zeal.

Rule of Life, 15

The community extends beyond formal events and evolves into authentic friendships where we grow towards Christ together while sharing in ordinary life.

The specific commitments of a RC member (Rule of Life, 15) are 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 their state of life with love and honesty, as a service to God and to others
- apply themselves to their integral formation, and forge their 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 their prayer, talents, time, and material goods to collaborate in the mission of Regnum Christi at the service of the Church.

Group Discussion

1. What did I find relatable in the testimonies? What resonated with me and what challenged me?
2. How have I experienced community in Regnum Christi, and how has that impacted me?
3. Do I believe Jesus has brought me here? How have I grown in faith, hope and love?
4. Do I feel like I am with "my people" when I am at Regnum Christi events?
5. Do I feel like Regnum Christi could be the life-giving community God is calling me to, or would it be just one of many commitments or groups?