



REGNUM CHRISTI

# DISCOVER REGNUM CHRISTI

a discernment series  
for young adults





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# COURSE OVERVIEW

The DISCOVER RC young adult 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 concludes 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 movements, discernment, and the commitments that association entails. It can be run as three separate sessions or as a single event with three modules.

## Schedule

7:00 pm - Arrival/social

7:30 pm - Intro Talk

7:45 pm - Testimony 1

8:10 pm - Testimony 2

8:35 pm - Q&A/group discussion

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. They 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. Spirituality Session: members with a mature spiritual life and understanding of prayer according the RC charism.
- c. Mission Session: members who lead or are highly engaged in apostolate.
- d. Community Session: members who are great at creating and driving community.

### Format

1. Arrival/Social: 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: along with flyers and general promotion, personal invites from section and team leaders are key - this is a course for personal discernment, not a mass event.
2. End with a 4th session that is purely social.
3. Ideal moments to offer this course:
  - a. As preparation for RC Day / Christ the King or post-Holy Week Mission Easter Mass and associations.
  - b. As preparation for a spiritual exercises retreat with RC associations.
  - c. As follow-up from a spiritual exercises retreat or other retreat showcasing the RC charism.
4. Have a "sponsor" RC member for each individual or couple discerning RC.

# INTRO TALK OVERVIEWS

## Intro Talk 1: Discernment Overview

- **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.
    - Methods of discernment: discernment of spirits, community discernment, etc.
    - What are we discerning? Whether or not you discover the RC charism to be a gift that God is offering **you**.
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## Intro Talk 2: Ecclesial Movements Overview

- **GOAL:**
  - Explaining what a charism and a movement are.
- **CONTENT:**
  - Charism: "Charism" is the Greek word used in the New Testament for "favor" or "gratuitous gift." Charisms, or spiritual gifts, are special abilities given to all Christians by the Holy Spirit to give them power both to represent Christ and to be a channel of God's goodness for people. Whether extraordinary or ordinary, all charisms ought to be exercised in the service of God (Catechism of the Catholic Church, 2003). Cfr. *Charisms FAQ*, Catherine of Siena Institute, <https://siena.org/charisms-faq>
  - 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**



## Intro Talk 3: RC Commitments

- **GOAL:** Help potential RC members understand the commitments that association entails
- **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.

## SESSION OVERVIEWS

### Possible testimony format, per St. Paul

- Life before Jesus Christ (Acts 26:1-11)
- The Encounter with Jesus Christ (Acts 26:12-18)
- Life in Jesus Christ (Acts 26:19-23)
- Challenge and invitation to the audience (Acts 26:27-29)



## Spirituality Session Overview

- **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.
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## Mission Session Overview

- **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).
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## Community Session Overview

- **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**

# DISCOVER REGNUM CHRISTI

## Session 1: RC as Spirituality

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**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 resonated or echoed in your heart while hearing the testimonies?
2. How has the Regnum Christi spirituality helped you grow in your relationship with Christ?
3. How do you feel called to continue taking steps on your path of responding to the universal call to holiness?





# DISCOVER REGNUM CHRISTI

## Session 2: RC as Mission

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**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 resonated or echoed in your heart while hearing the testimonies?
2. How has the Regnum Christi community helped you grow in your relationship with Christ?
3. How do you feel called to mission?





# DISCOVER REGNUM CHRISTI

## Session 3: RC as Community

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**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.

## Group Discussion

1. What resonated or echoed in your heart while hearing the testimonies?
2. How has the Regnum Christi community helped you grow in your relationship with Christ?
3. How do you feel called to deeper community?

