

## Program of Life Talking points

One opportunity for spiritual progress in the Regnum Christi movement is in developing our Program of Life (POL)

The POL is a road map personally designed to help us grow in holiness.

In the POL, we are not just trying to develop

“Good Habits” *Something we do*, But “Habitus” *Someone we become*.

Our POL is not a check list but an outline of the person we are trying to become.

If starting from the very beginning of never having written a Program, it might be best to re-read the explanation and examples of a POL in addition to the following information to determine your root temptation.

Once root temptation has been identified begin looking at the many faces of Christ in the Gospels and choose an image that best personifies the person of Christ you are trying to imitate.

In writing our program of life, our IDEAL is always **Christ**. We are trying to become “*alter christus*” Another Christ. “It is no longer I who Lives but Christ who lives through me.” –St Paul

Our Motto is our **Battle Cry** ( sometimes it may be easier to write out our POL and then once we have what we think best resembles our road map, we can look at it and come up with a good motto.)

In working through our manifestations of our root temptation, it can be very helpful to write three paragraphs.

In the first paragraph, describe in your own words how your pride, vanity or sensuality show itself. Answer; What does it do to my thinking, my heart?

Remember this is not a laundry list of every fault you have ever committed. It is just a way to pinpoint the areas on a day to day basis that tempt us to sin. The general guidelines apply here; how does this temptation affect my relationship with God, with others and with myself.

In the second paragraph, in my own words, describe the virtue necessary to change my root tendency to mirror Christ. Try hard to “fine tune” the virtue to fit your needs. It is great to say I am working on Charity, but charity is very broad. Maybe fine tune it to Charity in thoughts, charity in speech, or charity in time etc... Describe in your own words what your perfect self would be like, your “Dream Girl.”

In a third paragraph, write for each sin, what am I thinking when I do this? What is the goal of my action? Most of our sinful actions are to make ourselves feel better. Pinpointing exactly why we do what we do brings us and our POL on a very personal journey; a journey that leads each of us to sanctification.

The means: ways to form a “new you”

There are two types of means, pro-active and re-active.

Pro-active forms virtue.

Reactive forms habits.

We want to be pro-active. Means that are pro-active change our heart, mind and will (our soul)

The following are some examples of means that go beyond developing a “good habit” and change how we think as well.

Ex.1 Do not judge others b/c only God can judge and I am not God.

Ex. 2 Love each soul God places in my day b/c God created them and loves them just as much as He loves me. (Changing my thoughts, affirming my knowledge of God and moving my heart to mirror Christ)

Ex. 3 Charity in speaking with others b/c God is in each person

Ex. 4 meditate on God’s infinite love to remind myself daily how much God loves me and others