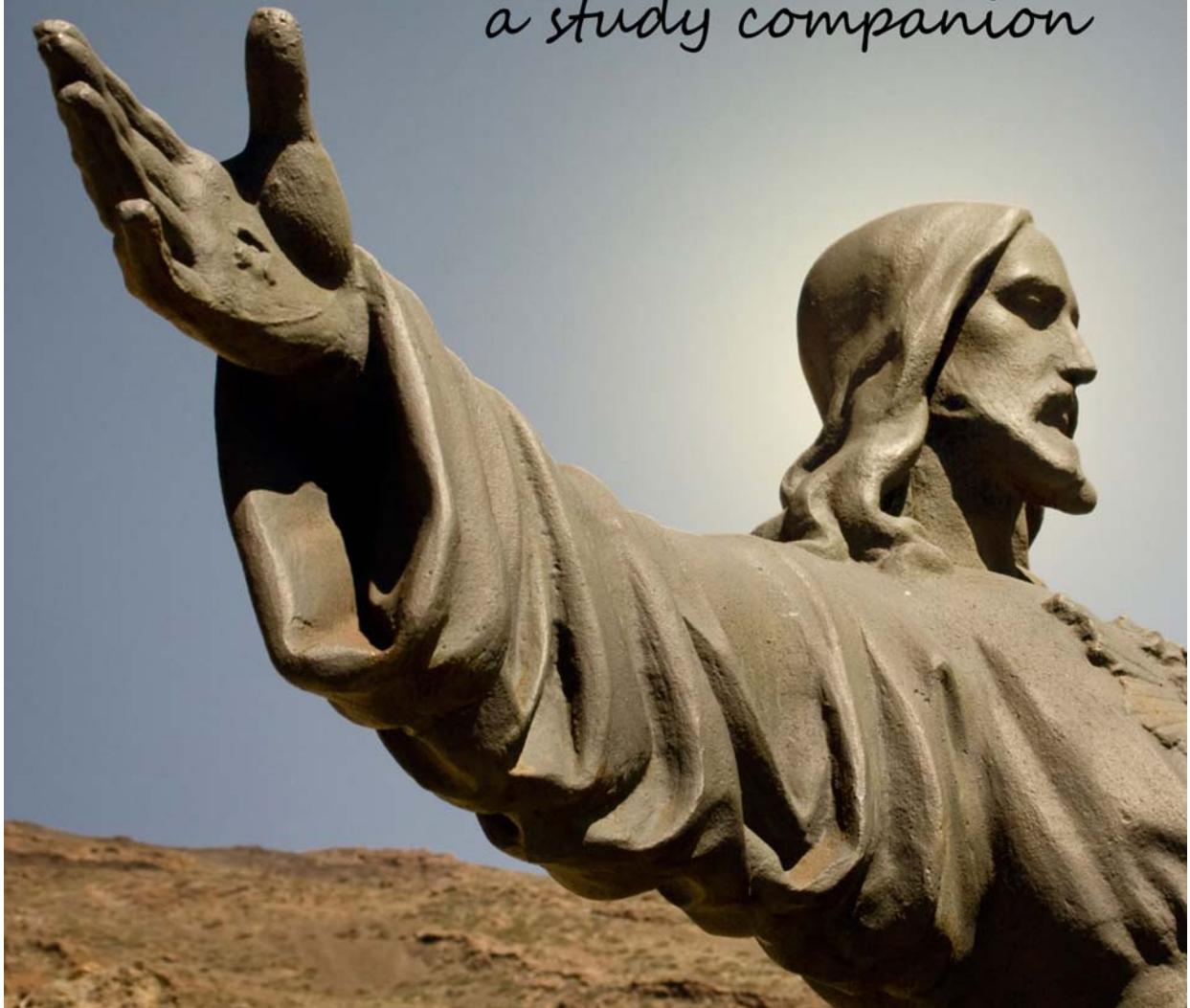




REGNUM CHRISTI

# REGNUM CHRISTI MEMBER HANDBOOK

*a study companion*





Thy Kingdom Come!

# STUDY CIRCLE ON THE REGNUM CHRISTI MEMBER HANDBOOK

## Introduction

Welcome to this simple study circle on the Regnum Christi Member Handbook. In the following pages, you will find two possible approaches to the study of the Handbook. You can choose the approach that best fits the needs of your team, or both of them if you so desire.

The first approach, from pages 2 to 11, proceeds sequentially through the Handbook, beginning with the identity and mission of Regnum Christi, then the vocation and spirituality of members, and finally life in the Movement.

The second approach, from pages 12-17 is more thematic, drawing out some of the key recurring ideas that can be found throughout the entire Handbook.

We hope that this study circle can help you to know and appreciate more deeply the calling from Christ to form part of this spiritual family within the Catholic Church. We appreciate your feedback, and count on our prayers for you.

Regnum Christi Field Support Team  
[rcny@arcol.org](mailto:rcny@arcol.org)

## Sequential Approach

### First Part: The Identity and Mission of Regnum Christi

#### Chapter I: A Catholic Movement of Apostolate at the Service of the Universal and Local Church

##### God's Initiative

1. What do the new movements have in common with the monasteries in previous centuries?
2. How does our Christian life set us in motion, in "movement"?
3. Why has God raised up such a variety of ecclesial groups and communities throughout the history of the Church?



### Serving the Church and People

1. Why must Regnum Christi be focused on serving the universal and local Church?
2. What strikes you the most about the vision of man described in this section?
3. Why must we acknowledge man's complexities and contradictions in order to be realistic Christians?

### A Way of Christian Life

1. Why is Regnum Christi not just one more time commitment in an already busy schedule?
2. What is at the very heart of the Movement's life and vitality?
3. How can we practically make sure that our own organizational structures do not get in the way of the spirit?

## **Chapter II: Our Mission: to know, Live and Make Christ's Love Known**

1. Why is effectiveness in the mission an expression of love?
2. How can we be more effective in our own apostolic work?

### Knowing Christ's Love

1. Why is it so important to begin our spiritual life from a personal experience of Christ's love and not just from a sense of obligation or legalism? What differences do you observe?
2. Share a moment from your own life when you experienced Christ's mercy and it changed the way you understood your relationship with him.

### Living in God's Love

1. Why is charity the seal of authenticity for a Christian?
2. How is being a Christian a daily undertaking that demands both realism and faith?

### Making Christ's Love Known

1. What does it mean when we say that "the soul of the mission is love"?
2. Why is the Church's missionary activity both spiritual and material?

## **Second Part: Vocation and Spirituality of Members of the Regnum Christi Movement**

### **Chapter I: Regnum Christi: A Vocation within the Church**

#### A Movement Open to Everyone

1. What is required in order to be a Regnum Christi member? Do we have to be saints yet? Why not?
2. How does the Movement envision priests and lay people working together?

#### The Calling to Regnum Christi

1. Where does the calling to Regnum Christi come from?
2. Why must our response to this vocation be made in freedom and in love?
3. Why is the Regnum Christi calling lived out in teams and sections, and how has it helped you?



## Chapter II: The Spirituality of Regnum Christi Members

1. What is meant by the term “spirituality?”

### A Spirituality Rooted in the Father’s Love

1. Why is the love of God the most secure anchor for our lives?
2. Have you experienced the love of God the Father through a specific moment (a retreat, etc.) during your life in Regnum Christi?
3. What did this experience mean to you and how did it help you?

### A Spirituality Centered in Christ

1. What are the four crucial aspects of our relationship with Christ?
2. Why must our knowledge of Christ be experiential and not merely intellectual?
3. Which of the four characteristics of our love for Christ stands out to you most and why?
4. The Handbook says that the life of grace is more than just the absence of mortal sin. What is our life of grace really all about?
5. Why is sharing Christ not an imposition on others, but an act of love and solidarity?
6. What does devotion to the Sacred Heart of Christ mean in the Movement’s spirituality?

### A Spirituality Given Life by the Spirit

1. What is the Holy Spirit’s role in our own growth toward holiness?
2. What is the Holy Spirit’s relationship to the Regnum Christi Movement?
3. Number 78 of the Handbook encourages us to be docile to the Holy Spirit’s inspirations. Share a moment when you saw the fruits of this docility in your own life.

### A Spirituality in the Heart of the church

1. How is the Church important in your life as a Regnum Christi member?
2. What attitudes should we have toward the Pope and the bishops of the Church?
3. Why is it so important for Movement members to support their local pastor and their parish?
4. How does Regnum Christi fit in with the other movements in the Church?
5. What can we do to support and foster vocations for the Church?

### A Spirituality Rooted in Charity

1. What does the sense of solidarity have to do with charity in the Movement’s spirituality?
2. Why is goodness of heart so crucial for the practice of charity?
3. How have you seen the lasting impact of speaking well of others... and of spreading criticisms?
4. In your experience, how powerfully do these comments influence the way we see others?
5. How have these comments hurt or helped the person who was the target?
6. What instances render it necessary to speak about someone’s defects or imperfections? If so, what is the most Christian way to do so?

### A Missionary Spirituality

1. What would happen to the world if even just one generation decided not to bother passing on the gift of the faith?
2. What does the mission most urgently require?



3. How does St Paul's spiritual experience shape our understanding of the mission?
4. What must we do when the mission is hard, tiring, and appears unsuccessful?

#### A Spirituality of Prayer and Action

1. What is the most important fruit of prayer?
2. What is the relationship between prayer and the apostolate?
3. What happens if we work without praying... or pray without ever working?

#### A Spirituality of the Cross and Self-denial based on love

1. Why is sacrifice a means and not an end in itself? What happens if we make it an end in itself?
2. Why is fulfilling our duty sometimes one of the hardest and yet most authentic sacrifices?
3. How have you seen in your own life that the cross has enabled you to gain greater self-mastery?

#### A Spirituality of the New Man and the New Woman

1. Why does becoming a new man or a new woman imply cooperation with God?
2. What is the most outstanding characteristic of the perfected man or woman?
3. In #121, the Handbook says "first the man, then the saint"? Why are human virtues necessary as a base for the action of grace?
4. Why does the transformation of society begin with the interior conversion of each man and woman to Christ? Give examples of what aspects of society would change if this were made a reality.
5. Is personal conversion a destination or a journey... or both? Why?

#### A Spirituality with Mary, our Mother

1. What was Mary's greatest act of love during her earthly life?
2. What relationship is there between Mary's obedience to God's will and her heroic sanctity?
3. How have you experienced Mary's motherly intercession in your own life?
4. What are the qualities of Mary's love for us, and why do we need all of them in our lives?
5. In addition to praying to Mary, how can we show our devotion to her?

### **Chapter III: Core Convictions of a Regnum Christi Member**

1. What role do convictions play in our life? What happens if we have no core convictions?

#### God My Father Loves Me with an Everlasting Love

1. What are some of the evident signs of the love of God the Father?
2. Why is a good relationship with God the Father so crucial for our perseverance in the faith?
3. What are some typical misconceptions of God the Father? What does our faith tell us about his intentions and his heart?
4. With so many broken families and relationships, do you think that this reference to the love of God the Father takes on special relevance?

#### Because I Love God, I Love His Will Above All Else

1. Why is fulfilling God's will the most certain way to grow in union with God?
2. How can we find God's will? What are some concrete manifestations of God's will?



3. Why do we sometimes fear God's plan for us? What might be the underlying error?

#### My Passion Is Christ

1. What is the crucial importance of having a relationship with Jesus in our life?
2. What difference does it make in our spiritual life when we learn to see Jesus as a living friend and not just as an idea, a historical figure, or a moral model?
3. Why is the life of grace more than just the absence of mortal sin? What makes it a highly positive reality?
4. What makes St Paul a model of passionate love for Christ?

#### Because I Love Christ, I Fulfill My Mission in the Church

1. As Catholics, what is the Church for us? How much do we need her?
2. Is it possible to love Christ while remaining indifferent to the needs of the Church? Explain.
3. Why must the Church be at the center of our apostolic life as Regnum Christi members?

#### Because I Love Christ, I Contribute to a Civilization of Christian Justice and Love

1. Why is proclaiming Christ a tremendous act of charity?
2. Why is the interior transformation of the individual person the key to transforming society?
3. What makes apostolate something more than just philanthropic action?

#### Because I Love Christ, I Lovingly Embrace My Calling to Regnum Christi

1. How is Regnum Christi a reflection of the vitality of the Church?
2. What is Regnum Christi meant to offer to its members?
3. What have you received through Regnum Christi?

#### My Life is Short; My Destination, Eternity

1. Why might the years of our life be considered a talent to invest?
2. What is the underlying battle that is being waged all around us?
3. What helps us to find balance and peace when we have such a sense of urgency?

#### Mary My Mother Accompanies, Inspires and Upholds Me

1. What is Mary's role in our apostolic life?
2. What aspects of Mary's example help you most in your Christian life?
3. What is the best way for us to show our love and devotion to Mary?

### **Chapter IV: Highly Recommended Virtues**

#### Humility

1. What is the relationship between humility and truth?
2. Why is humility more than just the absence of pride? What is it, positively speaking?
3. What kind of an impact does pride have on our lives?
4. What are some concrete ways to grow in humility?
5. Why is the humble person not afraid to let his or her gifts emerge?

#### Chastity

1. What does chastity have to do with the recognition of our innate dignity?
2. What are some concrete ways to live the virtue of chastity?
3. How can chastity enrich our personality?



4. What is the Catholic view of the human body?

#### Poverty

1. Why does poverty of spirit set us free and enrich our spiritual life? How have you experienced this in your own life?
2. What are some of the attitudes or attachments that can enslave us?
3. How does a Catholic who is poor in spirit view and use material things?
4. What does poverty have to do with the Catholic view of work?
5. What does poverty have to do with time?

#### Christian Obedience

1. What is the obedience of faith?
2. How can we find the will of God in our daily lives? Where can we “read” it?
3. What are the characteristics of our obedience as Regnum Christi members? Why those characteristics? How can we live this in a balanced way?

#### **Chapter V: Means for Spiritual Growth**

1. What is the purpose of the means offered in this chapter?
2. What are the most important spiritual means?
3. What moments of the day are recommended for our prayers? How have you found this to be good advice in your own life?
4. What is the role of emotions in our spiritual life? Why?
5. Are we expected to fulfill all of the means of perseverance completely and perfectly from the first day? Why not?

#### Morning Offering & Meditation

1. What is the purpose of daily meditation?
2. Why is meditation an important complement to other forms of prayer?
3. What attitudes help us to pray well?
4. What is the main fruit of prayer?
5. What is the role of the Holy Spirit in our prayer life?
6. What is the difference between the discursive/affective method and contemplation?
7. What must not be missing in our personal prayer with God?
8. How have you experienced the fruits of meditation in your own life?

#### Eucharistic Celebration and Communion

1. Why is the Mass the high point of our prayer life?
2. What is the meaning and purpose of the opening rites? The liturgy of the Word? The offertory?
3. What happens in the consecration?
4. How closely united to Christ can we be through our Communion? How have you experienced this in your own life?
5. Why does the Mass never really end?

#### The Angelus & Rosary

1. How does praying the Angelus connect us with Mary’s response to the angel’s invitation?
2. What is praying the Rosary really all about?
3. What attitudes help us to pray the Rosary better?

#### Gospel Reflection



1. How has your experience of reading the Gospel helped you to grow spiritually?

#### Visits to Jesus Christ Present in the Eucharist

1. What do we do in our visits to the Eucharist?
2. What does Christ do in these visits?
3. How have you experienced his presence and his help through these visits?

#### Daily Examination of Conscience (Balance)

1. Why is the balance more than just a listing of our failings?
2. How does the balance help us to avoid fooling ourselves?

#### Night Prayers

1. What fundamental intention do we renew in night prayers?

#### Eucharistic Hour

1. What is the purpose and spirit of the Eucharistic Hour?

#### The Sacrament of Reconciliation or Penance

1. How does biweekly confession help us to grow spiritually?
2. How have you experienced the mercy of God through confession?
3. What recommendations in this section stand out to you and why?

#### Monthly Retreat

1. How does a monthly retreat help us?
2. Why is recollection essential for a good retreat?

#### Triduum of Renewal or Spiritual Exercises

1. What is the purpose of spiritual exercises?
2. Why does doing spiritual exercises give us a chance to get another perspective on our lives?
3. How can we make the most of the opportunity?

### **Chapter VI: Holiness in Daily Life**

#### General Guidelines

1. Of what does true holiness consist?
2. Why are there so many possible paths to reach the goal of holiness?
3. Why is it so important to develop a spirit of faith that will enable us to see clearly in good times and bad?

#### Specific Guidelines for Various Stages and Circumstances of Life

1. How can the youth discover their calling and even their profession in life?
2. Regarding dating and marriage, what is the ideal that is held before young people?
3. What does it mean to make your family a “domestic church”?
4. How important is the example and witness of the parents as regards the teaching of faith and virtue? What happens when this example is missing?
5. What are some essential skills for educating our children?
6. What is the role of mothers in the family?
7. Which of the ways of creating an atmosphere of charity in the home stands out to you personally, and why?
8. How can suffering, sickness, and old age be made spiritually fruitful?



### Guidelines for Sanctifying Your Professional Life

1. What is the Christian meaning of work?
2. What are the main recommendations for people who are studying in preparation for a profession?
3. Why must scientists and researchers strive to maintain a vision of faith?
4. Why do teachers have such a pivotal role in society?
5. How can health care workers live out a special imitation of Christ?
6. What are the temptations associated with working in the mass media, and how can professionals working in this field rise above them?
7. Why must professionals in the legal and judicial areas be educated in the area of Christian ethics?
8. Why are the employees—the human resources—of a business to be considered its greatest wealth? And what does this recognition entail as a practical consequence?
9. Why is it so important for workers in every profession to bear in mind not only their rights, but also their duties?
10. What is the main point of guidance for those who work in the arts? Why is this guideline so necessary today?
11. Is it acceptable for women to work outside the home? What must be safeguarded at all costs?

## Third Part: Life in the Regnum Christi Movement

### Chapter I: Structure of the Movement

1. What is the purpose of having such an organized and detailed structure in Regnum Christi? What is the end goal?
2. Why are teams composed of people with similar backgrounds, profiles, and interests, when possible?
3. Why must the team be a place of charity, inclusion, acceptance, and mutual support? What happens when it is not?
4. What are networks and what is their purpose?

### Chapter II: Principles that Govern Our Action

#### Be Effective

1. How do you see the wisdom of the four criteria of effectiveness?
2. Why is planning a necessary element of effectiveness?
3. How is the principle of vertex-to-base an intelligent way of multiplying our effectiveness?
4. Who is a leader?

#### Work Person-to-Person

1. Why is evangelization most effective when it is done person-to-person?
2. How can we make sure that our structures and institutional organization do not eclipse this important principle?

#### Live Team Life

1. What is the relationship between team life and the first Christian communities?
2. How does team life help us to live out our faith and apostolic commitments?





#### Rise to Challenges out of Love

1. Why is this principle necessary in order to undertake great projects?
2. What is the basis or justification for every demand that is made?

#### Inspire Others for the Mission

1. What are the three stages of this principle?
2. Does being active in the Movement mean that we neglect our other personal and family responsibilities? If there is a conflict between the two, which comes first?

#### Be Flexible

1. Why is flexibility such an important principle in our times?
2. How have you seen this principle applied in real life, in the apostolate?
3. How does flexibility help us to serve our local parishes better?

#### Form the Whole Person

1. How do the four areas of formation complement each other?
2. What is the ultimate purpose of formation?

### **Chapter III: Participation in the Life of the Movement**

1. Why is our relationship with Christ in the Church at the very heart of our participation in the Movement?
2. What if we cannot attend all of the activities? Are we still participants in the life of the Movement?
3. What is the importance of having an apostolate?

### **Chapter IV: Growth**

1. What is the purpose of growth?
2. Why is our witness of life the first means to attract new people to the Movement?
3. Why must the decision to join Regnum Christi be completely free?

### **Chapter V: The Apostolate of the Members of the Regnum Christi Movement**

1. When are we apostles?
2. Why is our own family the first field of priority apostolic work? How can we evangelize our own families?
3. Why is supporting our parish also one of the priority ways of doing apostolate?
4. Why is working in the youth sections so important as a form of apostolic work?

### **Chapter VI: The Formation of Regnum Christi Members**

1. Why is our formation integral?
2. What is the goal of our intellectual formation?
3. Why does Regnum Christi put such an emphasis on character formation? What does it have to do with holiness?
4. Does our formation ever have an end? Why not?

### **Chapter VII: Support for the Economy and Development of the Church and the Regnum Christi Movement**

1. What is the reason for our economic contribution to the Movement?
2. How can such a contribution be an apostolate?
3. What do you notice about the various ways of making economic contributions?

### **Chapter VIII: Some Regnum Christi Activities**



### Spiritual Direction

1. What is it that we are seeking in each spiritual direction?
2. What role does a program of spiritual life play in our spiritual direction sessions?
3. Why is spiritual direction also a moment to resolve circumstantial difficulties that may crop up? Why are these difficulties also important to address?

### The Encounter with Christ

1. How can the Encounter with Christ help the participants to grow spiritually?
2. In your experience or observation, how has the Encounter also been a launching pad for apostolic initiatives?

### Gospel Reading

1. What is the purpose of the Gospel reading and commentary?

### Review of “My Commitments to Christ”

1. How does such a review help the members of the team?

### Case Study

1. Why is it important to analyze the causes and consequences of the case?
2. What is the standard by which we “judge” the case, and how can it help us to develop a perspective more in accordance with the Gospel?

### Review of the Apostolic Commitment

1. How does the review of apostolic commitment flow naturally from the case study?

### Study Circles

1. Why is it recommended that the study circle be “related to experience” and interactive?

### Conventions

1. What are some of the spiritual and personal benefits of attending a convention?

## **Chapter IX: Principal Traditions**

1. What does it mean to say that traditions are like “the soul of time”?
2. Why do we have traditions in Regnum Christi? What is their purpose?
3. In what spirit do we celebrate feast days related to the history of the Movement’s foundation?
4. How do the Movement’s traditions for Carnival, Lent, and Holy Week echo the traditions of the Church?
5. How are we to live the Marian feast days that are sprinkled throughout the liturgical calendar?
6. What cities are we encouraged to visit on pilgrimage and why?

## **Epilogue**

1. What is the essence of our mission in Regnum Christi?
2. Why does Regnum Christi try to help its members achieve an interior transformation of mind and heart?



# THEMATIC APPROACH

## I. Important messages

- A. The first degree calling to Regnum Christi is a support to live out the baptismal commitment (simple); self-giving and personal growth is gradual
- Is Regnum Christi adding on extra commitments or helping us to live the baptismal commitments we already have? Explain your answer.
  - Why does Regnum Christi encourage new members to grow into their commitments at their own pace, without expecting them to do everything perfectly from the start?
  - Is the Movement an end or a means? (And if so, a means to what?)
  - What does it mean to reach one's "vocational plenitude"? How can Regnum Christi help its members to do so?

*See numbers 18, 20, 22, 58, 60, 65, 62, 63, 217,272, 287, 312,347, 350,358,359,360,373*

- B. Regnum Christi offers a community of life (team) in the image of the first Christians
- Why are we encouraged to live out our Regnum Christi commitments in teams and not alone? What principle stands behind this practice?
  - What benefits do we experience from belonging to a team?
  - How has your own experience of team life helped you to grow personally?

*See numbers 6, 64, 92,343-346,321,368,364,365*

- C. Regnum Christi is you.
- Why must we make sure not to get caught up in structures and organization? What other, deeper value must we always put first?
  - What is the profile of a Regnum Christi member who is living out the ideal? What are his or her attitudes, convictions, and actions?
  - Why is it important for us to become apostolically active as Regnum Christi members, even if our apostolate is just a way of living, speaking, and acting? Why must action also be part of our Christian vocation?

*See numbers 23, 313, 44,377,378, 353, 367, epilogue*

- D. Service to the Church and Sense of the Church
- Why is it so important for us to remember that our larger purpose is to serve the Church, not just to serve Regnum Christi?
  - What are some key attitudes and actions that enable us to help build up the Church?
  - How does our response to the Pope, the bishops, and our own pastor become a concrete way of building up the Church?
  - What should our attitude be toward other movements and ecclesial organizations?
  - Why is vocational promotion such an important way of serving the Church?

*See numbers 62, 80-87, and 206,379*

- E. Regnum Christi Families
- Why is the family our primary apostolate?





- What are some of the most important ways to make Christ reign in the heart of the family?
- What kind of an impact does a woman have in the home as a spouse and mother, and what concrete suggestions are offered to help her live out her role to the full?

*See numbers 282, 284, 289-292, 378*

F. Openness and the way of facing growth

- Why do we want to grow? Is it just for ourselves or is it for some larger purpose (and if so, what)?
- When we seek to make Regnum Christi grow, how do we show our respect for other people's freedom to make an informed decision?
- What personal qualities and attitudes make us effective at sharing the gift of Regnum Christi with other people?

*See numbers 47, 370-372, and epilogue*

## II. Identity-Nature

A. A gift of God

- How are we to understand Regnum Christi? Is it a merely human organization? A completely inspired and infallible one? How do we see the signs of the Holy Spirit's inspiration coexisting with the elements of a human organization made up of men and women?
- Is our call to Regnum Christi just our own decision, or is there a calling from God behind it? How have you experienced this in your own life?

*See numbers 1, 9*

B. Catholic movement recognized and approved by the Church

- What does it mean to say that the Statutes of the Regnum Christi Movement have been approved by the Church? What is the significance of this approval?
- What is the relationship between the Legion of Christ and the Regnum Christi Movement?
- How are the two meant to work together?

*See numbers 50, 51 and the Decree*

C. Of apostolate

- Why is Regnum Christi focused on the mission and on the apostolate?
- What is the model and ideal of living the faith that stands behind our missionary activity?
- What personal experience drives the sense of mission in Regnum Christi members? Would dedication to the mission have the same meaning without that experience?

*See numbers 8, 10, 97, 101*

D. At the service of the Church

- Why is serving the Church the way to fulfill our own identity as "Regnum Christi" members?
- Where do we stand within the multiplicity of organizations, associations, and religious groups in the Church? What is our place?
- What do we offer to the Church that is unique and valuable?



- Can Regnum Christi members fulfill their mission while remaining indifferent to the needs of their own parish and diocese?

*See numbers 11-15*

E. And at the service of all men

- What is the Movement's vision of man, and why should it lead us to approach all people with respect and charity?
- What is required to be a Regnum Christi member? Must we be a saint already? Is the Movement also open to "recovering sinners"?
- How does the Movement's view of holiness invite us to great realism on our path through life?

*See numbers 16-19, 47-49*

F. A call, a free response, lived in community

- If Regnum Christi is a call, what is it a call to?
- Why must Regnum Christi be lived in community? Why can't we all just be members alone in our own homes and families? What is the value of gathering with others?

*See numbers 2-7, 56-58, 64*

G. A style of Christian life

- Is Regnum Christi the only way to be holy? Or is it just one among many that the Holy Spirit has raised up in these times?
- What way of life does Regnum Christi propose to its members? What are some of the most important elements?

*See numbers 20-23, 66*

### **III. The mission**

A. Ecclesial: the salvation of mankind

- What is Regnum Christi's mission in relation to the world?
- How does Regnum Christi seek to change the world? What is the key?

*See numbers 155-158*

B. Specific: love

- Why is "love" the central message that we bring to the world?
- What are the ways of communicating that message?
- Why is effectiveness an expression of love?

*See numbers 25-27, 28-32, 33-39, 88, 40-46*

### **IV. A path of holiness**

A. Vocation to love

1. God loves us

- Why do we begin with this concept of God's love for us?

*See numbers 1, 2, 66-73, 136-139, and 145-147*



2. Respond to God's love

- What are the dimensions of our response to God's love? That is, what are the many ways in which we express our response?

*See numbers 2-5, 8, 73, 140-144, 148, 149, 73, 75, 76, 88-96*

B. Follow a spirituality

- What is the purpose of having a spirituality?
- What is the center and heart of the Regnum Christi spirituality?
- What are some of the key points of our spirituality, and why are they also essential?

*See numbers 66-132*

C. Rooted in profound convictions

- Which of these convictions stands out to you personally and why?
- How do these convictions build upon one another and complement each other?

*See numbers 133-172*

D. It offers means of perseverance

- Why do we have means of perseverance? Are they just add-ons that take up more time? Or do they have a deeper purpose and fruitfulness?
- Why is it a good idea to allow people to grow into the means of perseverance at their own pace, rather than obliging everyone to do everything completely and perfectly from the first day of their incorporation?

*See numbers 68, 209-211, 214, 273; (209-271)*

E. And some guidelines for the sanctification of daily life.

- Why are we offered guidelines for the sanctification of daily life?
- Which of these guidelines stands out for you the most and why?

*See numbers 273-276 (272-312)*

F. Motivates and sustains through participation in the life of the Movement

- Why is life in Regnum Christi not reducible to a series of commitments or activities? What is the spirit and meaning that must always be given priority?
- Which of the Movement activities described in these sections have you found to be most helpful to you personally? Why and how?

*See numbers 361-364 (397-440)*

**V. Forge of apostles**

A. Sense of mission

- Why is being an apostle an integral condition of our state as Christians? Why is it something that we cannot leave aside as "optional"?
- Does being an apostle require specific activities, or does it have to do with an attitude and a way of approaching other people?

*See numbers 97-105*

B. Principles of action



1. Be effective

- Why does efficacy demand a keen sense of the essential? How can missing this sense of the essential cripple our apostolic efforts?
- What does Regnum Christi understand by the term “leaders”? Why work with leaders? Is there a foundation in the Gospel for working with leaders?

*See numbers 326-337, 110*

2. Work Person to person

- Why is personalized attention such an important point in our style of apostolic work?
- Why must a focus on the individual person always come first, above structures and activities?

*See numbers 338-342*

3. Live Team life

- Why is team life so important for our own personal and spiritual growth? What would we be missing without it?
- How has team life helped you in your own spiritual growth and apostolic work?

*See numbers 343-346*

4. Rise to Challenges out of Love

- Why is challenging people actually an expression of love and confidence in them? Did Christ demand from people?
- What is demanded in Regnum Christi? What kinds of sacrifices or efforts are “part of the package” and are these worth the effort that responding to them entails?

*See numbers 347-350*

5. Inspire Others for the Mission

- How much of an impact could the Legionary priests in your area make if they tried to do everything themselves? How many souls would they reach? How many can they reach (with confessions, spiritual directions, etc.) by helping lay people extend their apostolates?
- How does being active also help us to grow and develop personally? What examples can you give from your own experience, or from observing the experiences of other people?

*See numbers 351-353*

6. Be Flexible

- What would happen if we never updated, never adapted, and never suggested new initiatives for meeting the needs that come up? Think of a specific apostolate and imagine what would happen if we still applied today the same programs that were used 10 or 15 years ago.
- What qualities of mind and heart (and soul) does flexibility require? Who in your own experience in the Movement has given you a model of apostolic creativity, flexibility, and imagination in the mission?
- Why does flexibility also require docility and openness to the guidelines of our local pastors and bishops?

*See numbers 354, 355*



7. Form the whole person

- Why does the principle of integral and ongoing formation show a great deal of realism about human nature and divine grace working together?
- Why do we seek to acquire a “complete package” of spiritual, human, apostolic, and intellectual formation? Why must all of these be included?
- Can you give some examples of people who have made an impact on your life and who were effective in their mission precisely because of their outstanding formation?

*See numbers 356, 357, 385-391*

C. Apostolate

- Why are prayer, testimony, and words in themselves powerful vehicles of apostolate?
- If our priority apostolate is our own family and friends, why participate in an institutional apostolate?
- Why must supporting our parish also be considered a priority apostolate?
- Why is youth work such an important apostolic priority? What would happen if we neglected it entirely or put in only a mediocre effort?

*See numbers 374-384*

D. Growth

- Why is growth important within the gift received?

*See numbers 370-373*