

Guide for Spiritual Direction

Resolutions from the last spiritual direction.

Program of life

- Dominant passion (pride, vanity or sensuality): the most common manifestations right now.
- Target virtue: difficulties, progress. Share with the director concrete instances of my living it.

Prayer life

- Commitments: How is my fulfillment?
- Meditation: difficulties, progress. Fruitful? Consolations? Dry?
- How is my relationship with Christ? Is he the best friend of my soul? Do I talk to him frequently during the day?
- God's presence throughout the day: Am I offering him what I'm doing and what's happening to me?
- Inspirations of the Holy Spirit: What has God been saying to me in prayer? when I receive the sacraments?
- Life of grace: Have I cultivated it? Do I thank him for it? Have I avoided anything that might diminish it?
- Scripture: Is its message forming my life?
- Mary: Is she a constant help and inspiration?
- Eucharist: Do I receive the Lord with fervor? Do I visit him frequently?
- Penance: Am I going to confession regularly? Do I have a spirit of penance?

Theological virtues and my state of life These are the most fundamental virtues of the Christian life. They must permeate every aspect of our lives. (underlying spiritual attitudes)

1. Faith
 - Do I believe God himself expresses his love for me and his will over me through my state of life?
 - Have I found in myself any yearnings away from his loving providence (the grass-is-always-greener syndrome)?
 - Do I see Christ in others?
 - How faith-filled is my attitude toward my spouse? my children?
2. Hope
 - Does God's faithfulness stir up my hope?
 - If I am going through difficulties, am I prone to discouragement?
 - Do I experience spiritual joy in living the cross?
 - Am I instilling hope in others, or am I infecting them with my fears or criticisms?

3. Charity
 - Do I try to show Christ my love for him through my love for others?
 - What kind of thoughts have I had about others?
 - What have I done to sacrifice myself for my family, my team, my apostolate?
 - What kind of comments have I been making about others? about the Church? about the Movement?
 - Have I promoted unity and collaboration in my team and in my apostolate?

Regnum Christi and my spiritual life

1. Integration: my attitude and love toward the Movement. Efforts to grow. Team life. How the Movement is helping me to live my state of life more faithfully.
2. Apostolate: attitudes and actions.
3. Recruitment: my efforts to bring others to Christ, especially through the Movement. Am I promoting vocations to the priesthood and consecrated life?
4. Formation: What am I doing to increase my knowledge of Church teaching, the spirituality of the Movement, etc. Reading and entertainment: What is the nourishment I am giving my mind and spirit? Am I forming my conscience?

Human Formation issues

- Emotional maturity: i.e., the mastery of spiritual faculties (the intellect and will) over feelings and passions
 - Use of time
 - Will power
 - Initiative and follow-through
 - Organization
 - Leadership
5. Difficulties: Are there any aspects of the Movement that I am having difficulty assimilating? Are there any concrete situations that I need advice on?

Special situations

Any situation in my life (family, job, Movement, etc.) that is significantly affecting my peace of soul in either a positive or negative way. This includes relationships and decisions that must be made. Getting advice from the director can help me see these things in the light of God's plan for my life.