

Practical Exams

Prepared for

Second Degree Members

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Draft Version, Christmas 1995

1

Practical Exams

The importance which the Movement gives to the Practical Exam is rooted – like all its spirituality – in the urgency of “putting on Christ” and not in any vainly legalistic or scrupulous frame of mind.

The movement wants all its members frequently to examine the sincerity and depth of their individual efforts at fidelity (the key to personal identification with Christ): in the use of the means of sanctification (sacramental life, Evangelical counsels, moral orientation team life)” and in the practice of the multiple human and Christian virtues which we must continue incarnation in our ordinary lives.

Therefore the Practical Exam should be first and foremost an authentic encounter with Jesus Christ’ but it must be a person-to-person meeting, in which one examines his own life – even his most intimate criteria and personal aspiration – in light of the criteria and aspirations of Jesus Christ. Here precisely lies the efficacy of this means of sanctification. For every encounter with Jesus Christ, Master and Redeemer, Guide and Friend, is both illuminating and life-giving: “Awake, O Sleeper, arise from death, and Christ will fill you with light” (Ephesians 5:14).

We are enlightened when, Following one of the given themes, We compare our lives with the demanding goals of the Christian vocation, coming to know our failures of advances’ at the same time in many cases we discover the causes of these realities at their very roots.

We are rejuvenated when our very being is aroused to irresistible contrition, coupled with a firm resolve to overcome whatever is negative: or simple gratitude whenever we recognize progress – for “ All that is good, everything that is perfect, comes from the Father of all light” (James 1:17)

Moreover, a Christian is a soldier of Jesus Christ; therefore he often cleans, sharpens and adjusts the fit of the armor of his supernatural army, faithful to the forceful recommendation of St. Paul in the letter to the Ephesians: “Finally, be strong in the Lord and in the strength of his might. Put on whole armor of God, that you may be able to stand against the wiles of the devil...Therefore, take the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand...(Ephesians 6 10-17)

Because his soul – that of a brave soldier – be upright and radiant in its luminosity, guided by that vigorous teaching of the Master: “If the eye is sound, the whole body will be filled with light” (Matthew 6:22), he goes down insistently to the depths of his conscience in order to purify and secure it more and more, converting it into the true light of his life.

Through the Kingdom of Christ to the Glory of God!

2

Prayer

1. *Interior Life*

1. What place does God occupy in my life?
2. Do I carefully foster the presence of God and watch over my thought, words and actions?
3. Am I governed by God's inspirations and lights? Or by my egotism and passions? Do I try to respond to the daily calls of God?
4. Can I easily discover the voice of God? OR have I silenced Him through my lack of generosity and infidelity to my commitments?
5. Am I habitually simple with God? Or are my relations with Him characterized by calculation and falsehood?
6. Do I try to cultivate interior purity, vigilantly guarding my thoughts and desires? Do I recall that only the pure of heart will possess God?
7. Do I attach any importance to the role of Grace in my efforts to attain sanctity? Or in practice do I rely solely on my own good qualities and talents?
8. Do I believe that God can transform me with His grace? Do I trust in it?
9. Do I attribute to God's grace its true value? Am I grateful for it? Do I try to regain it if I have lost it?
10. What graces has God been giving me most insistently of late? Humility? Simplicity? Generosity? Self-surrender? Service? Patience?
11. How have I responded to these graces? Why have they not produced more fruit in me? Or: why have I rejected them?
12. Do I realize that my spiritual advances – or frigidity – depends upon whether I respond generously to – or reject – God's graces?
13. Do the sacrifices which God asks of me seem excessive? Or do I offer them joyfully, in order to collaborate with and be faithful to Him?
14. Do I recognize and properly value the graces which God sends me through the accomplishments of my commitments: prayer, Mass, Rosary, retreats, Encounters with Christ, examinations of conscience, frequent confession....? OR am I stuck in routine, disheartened lacking faith?
15. Am I careful not to skip my daily prayer commitments?
16. Am I convinced that God is with me in difficult moments – even if I can't know it sensibly?
17. Am I prepared to receive the lights which God may send me by means of spiritual reading, a good example, a retreat, an examination of conscience?
18. Do I put my all into making a good daily meditation? Even when it costs me?
19. Have my conscience examinations produced practical results? Do I try to find the causes of my faults? Do I resolve to fight against them?
20. Where do my thoughts most easily turn – to God, to others or to myself?
21. What motivates my actions? Love of Christ? Accomplishment of the will of God in my life? Duty? Sentiment? Personal convenience?
22. Do I give to everything the value it has in the eyes of God?

23. Do I have a well – defined and concrete Program of Life? Why don't I follow it? Superficiality? Weak will? Laziness?
24. Do I appreciate the fact that God has called me to the Movement? Do I love the Movement as the means God has given me for my salvation?
25. Do I view Mary as an all – powerful mother who obtains all graces for her children? Do I turn to her in difficult moments? And in the moments of happiness and triumph as well?

2. *God in My Life*

1. What place does God occupy in my hierarchy of values?
2. Are there sectors of my life in which God plays practically no part: business, entertainments, tastes, use of time?
3. Do I sometimes live as if God didn't exist, or as if he had nothing to do with me?
4. Is my faith in God firm and solid?
5. Have I experienced a crisis of faith which I've not overcome? Why haven't I? Because of my pride? Because I live a disordered life lack of religious formation? Because I don't choose salutary reading or let myself get embroiled in confusing disputes?
6. Do I accept with active the truth which God has revealed to us in the Bible?
7. Do I try to have a good, solid, deep Catholic formation in order to be able to defend my faith?
8. Do I try to cultivate my Catholic ????? with good reading?
9. Who is God for me: some distant being? Rigid? Indifferent? Or a bountiful father?
10. How do I interact with God in my daily life?
11. Are my relations with God marked only by fear?
12. Do I have a genuine love of God based on gratitude?
13. Do I recall with conviction the reasons I have to be grateful to God?
14. Do God and the doctrines of my faith occupy their proper role in my life? Do I consult my passions and pride before God when I have to make decisions?

3. *Orientation of My Life Towards God*

1. How do I live my life? Face to God? Superficially? In self-sufficiency? With humility and simplicity? With absolute confidence in Him?
2. In my spiritual life do I try to embody these sentiments: "I have received everything from God, and all must be returned to Him"?
3. Do I try to recognize God's work in my life?
4. Do I recognize the blessings God has given me and seriously try to meditate on them?
5. Do I sincerely seek God's glory in everything? Or am I often self-seeking? Am I always?
6. Has the idea of giving glory to God ever caused me to avoid mortal sin? Venial sin?
7. Have I ever been troubled by the ease with which I do what pleases me and reject small mortifications/ Is this tendency voluntary? Habitual?
8. Do I go a long time without finding anything for which to thank my Lord?
9. What generally motivates me: God's will? Something marginal to it? Something contrary to it?
10. Are my happiness and good moods based on knowing that in each moment I am doing God's will?
11. Do I live my life frankly and fully submitted to the will of God?
12. Do I view all my personal, familiar, social and Christian obligation as the will of God for me?
13. Do I avoid any corruption of my values by striving to couple my thoughts, desire, feelings, and dreams with the will of God for me?
14. Do I try to live my everyday life unified to God, accomplishing his will for me, conscious of my dependence on Him? Am I convinced that without God or at a distance from Him – I would be nothing?

4. *Faith and Supernatural Spirit*

1. Does faith enjoy pride of place in my life? Does it have any place?
2. What is my faith like? Is it active and full of conviction? Simple? Or only sentimental? Routine?
3. Am I aware of this great gift which God has bestowed upon me? Am I grateful for it? How: only in words, or by enthusiastically fulfilling the demands of this faith?
4. Do I try to assimilate the criteria of the Gospel?
5. In the critical moments of my life, are my decisions in accord with my faith? Or am I guided in practice by pride, vanity, ambition and sensuality?
6. Do I believe that my daily duties – personal, familial and professional – are the express will of God for me?
7. Do I believe in the mystery of the Real Presence of Christ in the Eucharist with living and active faith (can anyone tell)?
8. Do I firmly believe that the Holy Trinity inhabits our souls?
9. Do I believe the Holy Spirit's action within our souls? Do I try to listen to his voice in my conscience? Do I follow the voice of my conscience?
10. Do I truly believe that God can sanctify me? Do I ask for his help? Or do I think that my own abilities are sufficient?
11. Do I believe in the Movement? In her criteria? In her orientations and methods? Do I believe that she was inspired by God? Is this belief put into action in my life?
12. Do I trust in my directors with supernatural spirit? Am I open with them? Do I follow their advice? Is my respect for my directors based on supernatural principles, or on purely human ones?
13. Do I easily see God in everything that happens – even the most ordinary everyday occurrences? In other people? In nature, since it comes from Him?
14. Do I believe in the Church? In her mission? Do I believe that Jesus Christ will be with her until the end of time? Do her triumphs make me happy and her troubles worry me? How am I preparing myself so that I can valiantly defend the truth?
15. Do I believe in eternal life? Does this belief have any practical manifestation in my life? Does it help me to live increasing generosity and sacrifice?
16. Have I experienced a crisis of faith which I have not overcome? Why haven't I? Because of my pride? Because I live a disordered life, lack of religious formation? Because I don't choose salutary readings or let myself get embroiled in confusing disputes?
17. Do I try to have a good, solid, deep Catholic formation in order to be able to defend my faith?
18. Do I try to cultivate my Catholic faith – and my intellect – with good reading?

5. *Jesus Christ in My Life*

1. Does Christ have a place in my life? Is it first?
2. Have I endeavored to know Christ better each day through the Gospels and frequent reception of the sacraments – especially Penance and Eucharist?
3. Is knowing Christ better each day important to me? What means do I use to know Him better and better? Do I ask for the grace of knowing Him intimately?
4. Do I do my Gospel reflection with the intention of knowing Christ and his criteria more profoundly? Do I try to read books that speak to me of Jesus Christ?
5. Who is Jesus Christ to me? An historical figure? The intimate friend of my soul? My God, my brother, my friend?
6. Can I say truly that I love Jesus Christ? What is my love of Him like? Is it merely sentimental? A faith of words only? Or is it motivated by my faith and will?
7. What are my motives for loving Christ?
8. In practice, what does my love for Christ, motivate me to do? Refrain from offending Him? Fulfill his will for me? Desire to do something big for Him? Prepare myself the best I can in order to conquer many souls?
9. Do I try to complete my commitments to Christ as the best obsequy and surest sign of my love I can offer?
10. Do I really have Christ at the top of my hierarchy of value, or do other things occupy the first place?
11. Do I try to think of Christ at different moments in my life and throughout my day?
12. Do I think as Christ does regarding the following: my reputation; friendship; comforts; the appreciation of others; humiliation; sickness; all public and private occurrences?
13. Is my habitual way of thinking based on faith? Or are my criteria fatalistic, pessimistic? Rationalist (as opposed to merely rational) Too human – i.e. not supernatural?
14. Do I try to see everything from the point of view of Christ and the Gospel?
15. Does the thought of offering my suffering for Christ animate me? Do I offer him my joys also? Do I work, rest, do everything for Him?
16. Do I love each of the following as Christ does? God the Father? The Blessed Virgin? The Catholic Church? The Pope? The Movement? My directors? My companions in the Movement? All souls?

6. *The Grace of God in My Life (I)*

1. Do I understand the life of grace as the immediate and primordial realization of the Kingdom of Christ in my soul and that of others?
2. Do I understand grace as the principle source of personal sanctification – both my own and others?
3. Do I value the grace of God? Do I try to recover it when I have lost it? Do I cultivate it? Do I frequently meditate on it? Do I never think of it?
4. Do I trust the grace of God to help me achieve sanctity, or do I confide almost exclusively in my own good qualities and talents?
5. Am I convinced of the necessity of grace in my life? Do I seek it sincerely and with humility?
6. Do my faults and failings discourage me? Do they cause me to despair and lose confidence in the grace of God?
7. Do I believe that the grace of God can transform me and make me holy?
8. Do I try to cooperate with the grace of God? Or do I think that God's grace doesn't require my effort and help?
9. Do I make any personal sacrifice in order to win more grace for myself or for others?
10. What hinders the grace of God in me: pride and self-sufficiency? Complacency and sensuality? Lack of generosity and sacrifice? My egotism?
11. Do I frequently thank God for the graces he grants me throughout the day?
12. Do I recognize the help of God in my successes? Do I give Him credit, or do I credit myself alone?
13. Am I aware of which graces God has given me lately?
14. How have I responded to them – with generosity or mediocrity? Have I not responded to them?
15. Do I recognize that one single grace – cooperated with or rejected – could determine my eternal salvation or condemnation? Do I keep present the saying of St. Augustine: "fear God who passes and does not return"?
16. Do I consider retreats, Encounters with Christ, the advice of my spiritual director and the good example of others graces of God for my soul?
17. Do I give God what He asks of me with happiness? Or do his requests always seem excessive?
18. Do I think of Mary as a Mother who obtains for her children all the graces they need?

7. *The Life of Grace (II)*

1. Do I acknowledge, appreciate and give thanks for the grace of God in my life?
2. Do I remember the date of my baptism, the day in which I was born into the grace of God? Do I do anything special that day: Do I attend baptisms with the sense of faith and responsibility to the baptized (especially if I am the parent or godparent of the child) – or am I concerned only with the social sense of the occasion?
3. In practice, am I convinced of the need for prayer life in order to cultivate the life of grace? How am I doing in my daily commitments?
4. Is it fair to say that I am growing in knowledge of what Christian life means? Am I growing in knowledge of my faith and of my baptismal commitment? Are these helping me to live the life of grace better?
5. How do I conceive my Christian life: is it a mere title or tradition? Or is it a life of friendship with God?
6. Do I believe that in order for my life as a Christian to bear fruit, the first and most important thing is to be united with God through the life of grace?
7. Am I well aware of the places, persons and occasions which can endanger my life of grace? Am I quick to distance myself from these, or do I allow myself to dally longer than necessary with temptations?
8. If I had to trace a graph of my life of grace, what would it look like?
9. Do I try to cultivate the life of grace in those with whom I come in contact? Have I ever been a source of scandal for anyone?
10. Do I appreciate the sacraments? Do I receive them frequently in order to recover or augment my life of grace?

8. Delicacy of Conscience

8

1. Am I convinced of the necessity of delicacy of conscience in my relationship with God?
2. What is the attitude of my will in the face of sin: an absolute decision to desist? Do I engage temptation when it presents itself, arguing back and forth with it? Do I easily give in to temptation? Do I cede ground until I am in mortal sin?
3. Is my conscience sensitive to venial sins?
4. When I discover I've committed a fault, am I saddened by it, or have I grown accustomed to it?
5. Are there areas in which I snub God by growing deaf to his graces? Am I sorry for this? Do I try to make reparation for this fault against Him?
6. Has my conscience grown more delicate or less lately?
7. Do I try to fulfill my duties with ever-increasing delicacy of conscience? What about my commitments to Christ and to the Movement?
8. Do I safeguard the purity of my heart – as a tabernacle where the Holy Trinity dwells?
9. If God asks something difficult of me, do I use all kinds of pretexts to “get out of it”? Do I respond with a swift and generous “yes”? Is never saying “No” to God one of the points of my Program of Life? Do the sacrifices God asks of me seem exaggerated?
10. Do I both hear and heed the voice of God in my conscience? Or am I ruled by my egotism, pride, sensuality and laziness?
11. Do I thank God for the graces he gives me through daily meditations, spontaneous prayer, fulfillment of my commitments, and dialogue with my directors of my responsibilities and the good example of my peers and companions?
12. Can I easily see God's help in my triumphs? Or do I take all the credit?
13. Why am I not more faithful to the grace of God? Do I try to discover God's will for me through my directors – whoever they may be? Do I obey them with supernatural spirit?
14. Do I try to be sincere with my directors? Do I try to enact their advice? Do I think that in thought situations I can substitute my own counsel for theirs?

15. Am I complicated in confession and spiritual direction? Am I a calculator? Insincere?
16. Do I try not to offend others with shallow commentary, rash judgments and my bad example?
17. Am I difficult in my contracts with others? Egotistical? Brusque?
18. Do I live detached from my private likes and dislikes? Do I hold grudges?
19. Am I zealous for the sanctity and spiritual advance of others, or doesn't it interest me?
20. Are my friendships with others genuine – rooted in my love of God?
21. Have I noticed a tendency to deprecate others, albeit internally? Do I manifest this externally?
22. Do I make sacrifices in order to help others?

9. Prayer

1. What does prayer mean to me? Is it merely a petitioning, a giving of thanks, or it is a meeting place for God and myself, a time of union with Christ and the Virgin?
2. Is it difficult for me to pray? If so, why? Do I for the right time and place pray? When I am talking to my Creator, is my posture good? Am I easily and even voluntarily distracted do I make concerted effort to start again and regain a spirit of prayer? Do I try to do away with laziness and excuses (such as I am too tired, or I don't have enough time, etc.) and do my prayers willingly, with promptness and enthusiasm?
3. Is my prayer an intimate necessity in my life that I can't get along without? Do I feel that it is a responsibility, an obligation? Do I try to pray better and better each day? Or do I content myself with superficial readings of spiritual tests, avoiding the deep meditation and contemplation of them?
4. What types of texts do I choose to meditate on Something that is easy and doesn't require much effort on my part, or something that will really change my life?
5. Do I ask for advice from my Spiritual Director when mental prayer becomes cumbersome and difficult for me?
6. Do I do my prayers full of faith in Jesus Christ, trying to know and love him more and more with each prayer?
7. Do I listen to what God is telling what God is telling me, asking of me, or do I do all the talking? Am I humble, authentic and confident during my prayers?
8. United with Christ, do I believe, hope, and love for those who don't believe, hope and love?
9. What type of results have I obtained from my prayers? Has it changed my life? Am I shaping my life according to the will of God and his glory?
10. Do I make a prayer resolution? Do I remember it during the day and try to put it into practice?
11. What place does the Blessed Mother have in my prayer?
Counselor....Mediator...Mother?

8. *My Fundamental Option for Christ in Regnum Christi*

1. Do I live my life as an integrated whole, or have I compartmentalized my life into several virtually unrelated aspects? Does my spiritual life have any effect on my home, my work, etc?
2. Have I yet made the fundamental option to follow Christ in Regnum Christi? Do I allow this fundamental option to penetrate and color every aspect of my life?
3. Regnum Christi is a work of God with a specific charism and mission within the Church?
4. Does my fundamental option motivate me to increase and deepen my love for Jesus Christ each day? DO I rely on the Means of Perseverance the Movement offers me to do t his? Or do I prefer to do things my own way? Do I really thirst to achieve sanctity in order to be ever more united to Christ? Or, deep down, am I satisfied to stay as I am?
5. How well do I really know the spirit and method of Regnum Christi? Do I continue to update my knowledge, or do I assume I know it all. Do I take my Study Circles seriously?
6. Do I take advantage of spiritual direction and team dialogue as primary means for increasing my understanding of what God wants form me specifically in the Movement> Am I grateful for the opportunity for personal attention?
7. Do I live the reality of being part of Regnum Christi Movement with responsibility, surrender and generosity? Do I realize that my first apostolates are at home and on my team? How do I live team life? Am I faithful to my encounter with Christ? Do I come on time for team activities? Do I offer my help to the Team Responsibilities? Do I offer my insights with humility and my attention to other with charity? Is my habitual attitude one of concern for me tam members? Or am I only interested in what I receive?
8. Do I live my vocation in the Movement with elegance and naturalness? Do my attitudes and actions make the life of the Movement attractive? Or do I make the Movement seem like a clique? Am I uptight?
9. Does my fundamental option guide the way I approach my family life? Am I a Regnum Christi member for my family? In what way? Am I gentle and respectful? Do I accomplish even humble tasks with a spirit of conquest, love and excellence? Do I serve my family members out of desire to love Christ?
10. Does my fundamental option apply at work and study? Do I fulfill my duties with excellence? Am I faithful to my Christian principles? Am I just with everyone? Do I strive to give testimony of the beauty of the Catholic faith through the way I behave? Do I do this vaguely and generally, or do I look for specific ways each day in which to do this? Do I look for ways to live Christ at work?
11. How does my fundamental option animate my social life? DO I speak well of others? Do I look for ways to serve them in little things? Do I find natural ways to bring a supernatural dimension to conversations? Do I think and pray about how to bring friends and neighbors closer to Gospel and to RC? Do I do this out of love for Christ who sees the spread of the Kingdom as an urgent necessity? Do I do this judgmentally?

12. Am I giving Christ the first fruits of all my good actions: my economic resources? My talents? My time?
13. Outside of programmed prayer times, how often do I really consider Christ and Regnum Christi during the day? Do I ever ask myself what a member of the Kingdom would do in a given situation? Do I live my entire day in dialogue with the Holy Spirit?
14. After doing this practical exam, how would I now answer the first and second questions? Do I live my life motivated by a fundamental option for Jesus Christ in the Regnum Christi Movement?

9. *The Blessed Virgin in My Life*

1. Who is the Blessed Mother to me: The Mother of Christ and My Mother, who looks down from the heavens and truly considers me one of her children? Or merely an historical figure to whom I am united solely by the atmosphere I live in and social convention?
2. Does she influence my life? Is it through her example and maternal help that the image of Christ becomes emblazoned on my soul? Does she help me towards my daily sanctification?
3. Have I put my fidelity to, and the consummation of, my vocation in the hands of the Blessed Mother?
4. In times of difficulty, does the thought of having a mother in heaven who thinks about me and loves me more than anyone else in the world console me? Do you think about this frequently? Do I believe it fervently? do I not only think and believe it, but infuse all my relations with her with this filial love and confidence? When I go to her, do I believe that she is the most lovely of mothers and the most powerful of queens?
5. Do I meditate on the life and the example of the Blessed Mother?
6. Am I able to say that I love the Blessed Virgin at least as much as my earthly mother? Do I show this with works of love?
7. How would I characterize my love for the Blessed Virgin: Faithful? Sentimental? Superficial? Sacrificing?
8. Have I meditated on why the Blessed Virgin is so worthy of my love? Am I full of awe and gratitude towards her for being the Mother of God and my Mother? Do I realize all the graces I have received from God through her? Do I believe that in loving her, I gain God's approval and this is a clear indication that I will attain eternal salvation?
9. Am I in the habit of telling Mary everything -- as I would do with my mother here on earth? Or do I only invoke her help in times of difficulty and danger? Do I remember her in times of happiness and success?
10. Are my prayers to the Blessed mother routine and lacking in enthusiasm? Do I do them conscientiously, as if I were talking to a good friend? Lovingly as a child talks to his mother?
11. Do I pray the Angelus with fervor, praising my Blessed Mother?
12. How do I pray the Rosary: with a spirit of praise? Asking for others and myself? Or do I pray it routinely and without conviction or feeling?
13. What method do I use to pray the Rosary: Do I meditate on the sacred mysteries? On the prayers? Or do I not have a method?

14. Do I view the Blessed Virgin as the paradigm of Christian virtues and values? Do I try to imitate her virtues __ especially her faith, hope and charity, her obedience, humility and her collaboration with Christ for the salvation of souls?
15. Do I feel honored and blessed to have a mother like the Blessed Virgin, the most beautiful and holy creature who has ever existed?

3

Sacraments

1. *Holy Mass*

1. Is mass just a boring and drawn out ceremony for me?
2. Have I discovered in it the power of the sacrifice of Jesus Christ? Do I try to unite my daily life with Christ's sacrifice, which renews itself at each mass?
3. Do I participate conscientiously and actively in mass? Or do I allow myself to be taken over by a spirit of complacency and boredom? Am I dominated by distraction?
4. If possible, do I try to attend mass every day as the Movement recommends?
5. Untied with Christ in the mass, do I offer with all of my heart sincere thanks to God for his infinite kindness? Do I unite myself with Christ's sacrifice in order to adore the Heavenly Father? What does Christ's example of continual sacrifice out of love of God and others tell me? Do I go to mass and ask God for the graces I need, fully aware of my unworthiness? Do I offer God the sacrifice of his Son in reparation for my sins?
6. Do I follow along in the missal to avoid distractions?
7. Do I find in the reading of Sacred Scripture the doctrine that will build the Kingdom of Christ among men and that for which Christ and so many of the martyrs through the centuries died?
8. Does the Creed reaffirm and revive my faith and convictions?
9. During the presentation of the gifts, do I offer up my whole life with the Host that the priest offers up?
10. During the Canon, do I try to make the prayers of the priest my own?
11. Do I try to be very attentive especially at the moment of Consecration? Does kneeling help me to adore Christ?
12. Do I try to unite myself to Christ as He renews his sacrifice on the cross for the glory of his Father and our redemption – before I accept the Holy Eucharist?

13. Do I pray with Christ during the Our Father, which expresses his intentions and our own needs?
14. Do I feel very humble when I approach and accept the Eucharist: Lord, I am not worthy....but only say the word...?
15. After Holy Communion, do I take time of offer sincere and loving thanks to God, to express to Christ in the Eucharist my love and adoration?
16. Do I leave mass with an awareness of the great mystery that has taken place and with the desire to live my life in a manner worthy of one who has received such an awesome grace?

2. Eucharist

1. Do I receive Jesus Christ in the Eucharist as often as I can?
2. Do I have faith in the real presence of Christ in the Eucharist?
3. If I have the opportunity, do I make a visit to Christ in the Eucharist?
4. Do I prepare myself with anticipation when I am going to receive Holy Communion?
5. Do I believe that the fulfillment of my daily obligation is the best preparation for communion?
6. Do I center the whole mass around the moment of communion?
7. Is the giving of thanks after communion routine and boring, or is it a loving dialogue with Christ? Do I reduce it to a series of self-centered petitions?
8. Do I listen to Christ in these moments? What do I tell Him about myself? About my problems? About His Kingdom? About my apostolate?
9. Am I easily distracted during these moments of thanksgiving? Do I think about other things? Do I combat these distractions?
10. Do I recognize the greatness of the gift I have received? How do I show my gratitude?
11. Have I approached Holy Communion without being certain if I am in a state of grace? Have I done everything possible to insure this state when I have been in doubt? Have I looked for rationalizations and pretexts that temporarily appease my mind? Have I examined my conscience without partiality or bias on this matter?
12. Do I do my Eucharist Hours with a sense of reparation to Jesus Christ for my sins and the sins of others? Do I try my best not to be distracted even when faced with adverse circumstances?
13. Do I genuflect to Christ with a spirit of love and adoration or has it become a reflex?

3. Examination of Conscience

1. Am I sensitive to the voice of my conscience? Am I attentive to what it tells me? Do I dwell on temptations and entertain impure thoughts?
2. Have I fought unremittingly to overcome my sins? My minor and deliberate sins?
3. Do I repent and confess all of my sins? Do I make reparation for the offenses I have committed against God and my fellow man?
4. Do I view my daily conscience exam as a special talk with Jesus Christ, or is it something routine and boring? Does it help me to renew my resolutions? Does this renewal carry over into the next day?
5. How do I do my weekly practical exam? Is it beneficial to me? Do I make concrete resolutions?
6. My examination of conscience: is it truly profound and thorough? Or is it superficial and routine? Does it help me to know myself and the will of God in my life more deeply? Do I do it with seriousness, constancy and regularity?
7. After examining my faults: Do I remain indifferent, discouraged? Is my pride and self-love hurt? Or do I feel sincerely sorry for having sinned, and more importantly for having offended God?
8. Do I make resolutions to amend my behavior? Do I try to do it alone or do I ask the help of my Spiritual Director and/or my confessor? Do I realize that only God can transform me? Is He my recourse?
9. Do I confide in God in the battle for holiness? Do I put myself in his hands with the confidence of a dependant daughter?
10. Do I confess all of my sins and fulfill my penance with a sincere desire to make reparation for my sins? Or do I justify whatever sin I have committed, blaming others and excusing myself?

4. *The Sacrament of Penance*

1. Do I follow the Church's recommendation that I go to Confession frequently? When was the last time I received the sacrament?
2. What is my attitude towards Confession? Do I see it as a mere obligation? Do I take it lightly, routinely? Do I skip it altogether? Am I aware that Confession is a means to form my conscience, fight against sinful tendencies, allow myself to be healed by Christ and progress in the spiritual life?
3. How well do I prepare for receiving the sacrament of Confession? Do I make a thorough examination of conscience beforehand? Is my list of sins superficial and mechanical or do I look for the cause of my faults as well? Do I ask the Holy Spirit guidance during my conscience exam?
4. Do I look for a confessor who helps me, or do I go to the one I know will demand least of me?
5. Am I afraid of Confession? Am I afraid to confess my faults clearly? Do I hide my sins by being ambiguous? Or do I add explanations to convince the priest I am not so bad? Why? Do I realize that I am confessing to God, not the priest?
6. Am I sorry for my sins? Do I try to see them through Christ's eyes? Or do I think my faults are no big deal? When I make my act of contrition, am I sincere? Do I allow myself to be mediocre or "okay" in the spiritual life when Christ is asking me for excellence?
7. Am I grateful to God for forgiving me? Do I treasure this grace, or do I act as if I deserved His mercy?
8. Do I listen with the ears of faith to the advice my confessor gives? What spirit do I put into fulfilling the penance he gives me? Do I forget about it? Do I rush through it/ or do I unite it with the suffering of Christ, making reparation for my sins? Does it ever occur to me of offer up my daily sufferings in reparation for my sins?
9. In general, how do I respond to Confession? Does it make a difference in my life? Do I allow it to change me for the better? Or do I confess the same sins over and over again, with no progress? Is Confession one of my main sources of sanctifying grace?
10. What resolutions can I make right now that will make me live my next Confession more completely: with more supernatural spirit, more depth, etc.?

4

Regnum Christi and the Life of Virtue

1. Abnegation

1. Do I think I can be a Christian according to the Gospel without a sense of abnegation and sacrifice?
2. Have I already confronted the question of my total dedication to Christ and what He asks of me? Or am I leaving it for later?
3. Is there something in my life which is obstructing my surrender to Christ, the Movement and the apostolate because I have not yet renounced it?
4. In order to take on a mortification energetically, does it help me to think that through abnegation I transform myself into Christ and only thus can I call myself a Christian and apostle?
5. If something annoys me do I offer it up? Or do I manifest my annoyance or impatience with what mortifies me? Is the norm of my conduct to do what I enjoy and renounce what I an adverse to?
6. Do I believe that the first area in which I ought to mortify myself is in the completion of my personal, familiar and professional duties> or do I look for extraneous sacrifice while disregarding these?
7. Do I mortify my glances, keeping dominion over them? What about my thoughts? Am I tactful and discreet? Or am I curious to the point of endangering chastity? Do I fail to dominate dangerous images or memories?
8. When I am alone, do I work with greater will and intensity>
9. Do I remember to make some sacrifice at meals?
10. Do I impose on myself the sacrifice of keeping order: with myself, my office, my things? IS my time well organized? are my faculties properly ordered?
11. Do I frequently need to hear praise in order to remain motivated? Or are the voice of my conscience and the force of my will enough?

12. When the things are going well, do I allow my feelings to soar disproportionately? Do I remember to offer my successes to God? When things go wrong or I fail, does my world cave in? Or do I seek with even greater effort to improve, not wasting time feeling sorry for myself?
13. Do I tell all my sufferings and annoyances to the whole world, or only to those who should know (my spiritual director, spouse...)?
14. Do I try to live the spirit and method of the Movement perfectly... Am I motivated by a faith which is prompt, happy and, if necessary, heroic?
15. If a responsibility is taken away from me or given to someone else, do I lose my peace? Do I live the abnegation of doing things only for God? Or do I request the esteem and codling of others?
16. When I notice that others admire me, do I remember my own limitations and the good qualities of others? If I note that someone is superior to me at something can I rejoice? Or do I feel threatened? Do I combat this feeling? Am I able to be little in front of others?
17. Am I attentive to how to make others happy? When something I like isn't pleasing to others so I contemplate going without? Do I easily grant favors – even difficult ones?
18. Do I waste my energy and time being annoyed about something or guarding a grudge? Do I know how to give things their proper importance? Am I constantly trying to gain dominion over myself?
19. Do I control my temper while playing games? Do I know how to be magnanimous in victory and dignified in loss? Can I control my mouth?

2. Apostolate

1. Am I interested in the salvation of others? Am I convinced that Christ finds each and every soul so valuable that he would return and sacrifice himself again for the sake of just one?
2. Am I convinced that the sanctification and salvation of other souls is directly dependent on my own fidelity to my own fidelity to my Christian vocation? Do I sacrifice and pray for other souls?
3. Am I convinced that I need to be a good apostle? Does this motivate me to believe things that I must later teach? Does it motivate me the way I live/
4. Do I fight against sin, which is the personal enemy of any apostle, in my life?
5. Do carelessness and neglect in my spiritual formation and a “mañana mentality towards my apostolate extinguish the flame of the Spirit when it kindles within me?
6. Before anything else do I try to give a good personal example?
7. Does the idea of having to spread Christ to others motivate me to find him in my own personal life? Have I pretended to be an apostle when in actuality I am not united with Christ?
8. Do I desire to imitate Christ in his love and charity? His patience and meekness? His love and trust in his Father? His love for others, especially for those who were most needy?
9. Am I willing to make sacrifices for my apostolate?
10. Do I believe that the life of grace and the sacraments are the foundation of the apostolate and the principal means by which souls are saved?
11. Have I thought about the role I play in the formation and sanctification of others? Do I realize the seriousness of this responsibility that God has put into my hands?
12. Am I pessimistic with respect to my apostolate? Or do I trust completely in He who said: “I will be with you always...” and “you are destined to bear fruit”?
13. Have I entrusted the Blessed Mother with the fruits of my apostolate?
14. Without sinning against prudence, do I know how to be audacious for the interests of the kingdom?
15. What difference does my apostolate make in the life of my section or community? Am I contributing to a work which has both depth and scope? Or am I satisfied with merely philanthropic works?
16. Am I in love with the apostolate? Or do I think of it as something extra?

3. Apostolic Zeal

1. Am I aware of the tremendous value God places on man's Salvation?
2. Do I feel true passion and anxiety for the salvation of souls?
3. Has this conviction produced a real change in my attitudes? Has it produced my active, serious and deep participation in the Christian life and apostolate?
4. Am I disposed to make whatever sacrifices for the salvation for my spouse, my children, and my friends and in general all those souls whom God has placed under my care?
5. Do I give my prayers, Mass and other sacraments this salvific (apostolic) dimension?
6. Do I cultivate in my ordinary life a positive and practical interest in forming in myself an apostle's attitude in the smallest details and the biggest occasion?
7. Do I strive to enrich my spiritual life by attending Encounters, Spiritual Exercises, Spiritual Direction, etc., conscious that I can neither give nor transmit what I don't have?
8. Do I easily fall into activism in order to satisfy myself, or am I disposed to sacrifice striving solely to complete the will of God in my life?
9. How do I take the changes that my directors ask of me" with a supernatural spirit? With resignation? With rebelliousness? Do I know how to be a leader of souls and a rank and file soldier?
10. Do I organize my time well, with the intention of making the best use of it in the fulfillment of my vocation as wife, mother, daughter, single person, professional and apostle of the Kingdom Am I efficient with the salvation of souls in mind?
11. Am I generous in sharing the gifts and capacities which God has given me? Do I make use of them for the extensions of His Kingdom, or do I excuse myself with, "I can't" "I don't know how?" "I don't have time?"
12. Do I support initiatives? Am I disposed to give of my time? Am I positive, or do I limit myself to passively and pessimistically achieving only what is asked of me?
13. Does contact with the Blessed Virgin animate me? Does it fill me with enthusiasm for collaborating in the work of salvation?
14. When was the last time I looked at my program of apostolate? Am I achieving the goals I set there? If I am in charge of a project, do I get organized in time to allow others to help me? Or do I always wait till the last minute, such that I have to do everything?
15. How many people have I invited to Movement activities this month? In what concrete ways am I promoting Spiritual Exercises? What is the ratio of hours of time I give to apostolate versus hours of time I spend watching T. V. listening to the radio, or just lounging around?

16. Am I reliable? When I say I will do something, do I? Do I meet deadlines? Do I follow through with initiatives, or do I wait for someone else to put them into effect?
17. What do I, as a second degree member, do apostolically that is more than first degree members are required to do?

Chastity – Part I

1. Is purity my most delicate expression of my love for God?
2. Do I understand that because sin is the fruit of a natural tendency in me -- only self-denial and sacrifice --aided by the grace of God--can prevent me from falling in this manner?
3. How do I fight the natural tendency to pleasure? Do I practice self-denial and sacrifice as a means of keeping the grace of God? Do I fight energetically against the dangers of dissipation and comfort by controlling my imagination?
4. Are there occasions and places which are a danger to me? Do I automatically leave them, or do I have excessive trust in my own straight? Knowing my weakness, do I run away from dangerous occasions and put all my confidence in God?
5. Do I have the courage to discontinue dangerous friendships? Do I lie to myself, hiding things that I should tell my spiritual director?
6. Do I know how to control my imagination and reject bad thoughts?
7. Am I vigilant in self-denial regarding my sight, particular in regard to movies, magazines, and shows?
8. Do I play mentally with things that have happened to me in the past? Do I realize that this could weaken my will and eventually cause a fall into sin? Knowing that my body is the temple of the Holy Spirit, do I force myself to give it the respect that it merits and practice Christian modesty? Is my body an idol that I cultivate and make beautiful just for the sake of vanity? Do I use the mirror too much? Am I modest in the way I dress?
9. Do I often fix my eyes on the qualities and defects of the faces, figures, and bodies of others? Do I dwell on them?
10. Am I convinced that if I fail to use the right means I will never be able to overcome the dangers to chastity? If I fail, do I immediately confess my sin? Do I receive the sacraments of Penance and the Eucharist according to my commitments? Do I try to guard and control my interior and exterior senses?
11. Do I try to form a correct conscience regarding chastity? Do I talk to my spiritual director for guidance? Do I follow the teaching of the Church regarding the unitive and procreative ends of marriage? Am I able to explain to others the Church's doctrines on these subjects?
12. Do I know how to control myself when I want to tell an off-color joke? Do I give testimony by leaving a group telling these types of jokes?
13. Do I silence my conscience by maintaining that I should experience some temptations so as to know what the world is like?

14. Is the Blessed Virgin my strongest ally in the fight for chastity? Do I call her when I am tempted?

4. Chastity – Part II

1. Do I exclude “a priori” anything that costs any effort? Is it fundamental drive for me to indulge in any and everything that I desire?
2. Do I lack mortification when faced with an inconvenience or setback? Do I complain or grumble?
3. Do I strictly observe basic courtesy towards others? Which rules do I break most? Am I aware that this implies a flaw in my discipline?
4. Do I try to be always busy? Do I have the habit of working or do I need someone to push me out of my laziness?
5. Do I leave situations that could weaken my will?
6. When it is impossible to avoid situations where my chastity could be damaged, do I try to control my imagination? Do I try to channel it effectively and neutralize my own negative expression of sexuality?
7. Do I energetically reject everything that can increase my own temptations to abuse sexuality: readings, movies, conversations, and pleasure? Or do I use the excuse that they are not sins; do I consider myself immune from sin?
8. Do I have habitual respect for my body? Do I have modesty in dress and elegance and femininity in my mannerisms?
9. Do I have my heart definitely oriented towards my husband, or do I still play with the memories, letting my imagination fly?
10. Is my will to be faithful to my husband strong even if my love for him becomes less enthusiastic?
11. Am I too informal with men other than my husband – in the workplace or with friends? Do I know that this can lead to future temptations?
12. Do I consider Mary as my best helper to maintain my chastity; do I trust and imitate her?

5. Charity

1. Is my love for Christ the heart of all the other values in my life?
2. Do I accept myself as I am, a daughter of God? DO I know how to care for my health and control my moods, thought, whims and actions? Am I always calm and at peace?

3. Do I love my husband, children, parents and friends, those who serve me, those who work with me in apostolate, my neighbor—seeing Christ in each person without looking for any compensation?
4. Do I know how to love those who hurt me—either through direct harm or thoughtlessness? Or Do I only think well of my friends?
5. Do I pray for others? My enemies? Do I pray for the other members of my team? **My team leader**? My director? Do I pray for God’s grace to help me love others?
6. Do I assume that others have an easy life in comparison with me? Do I notice their good qualities, their efforts? Does it ever occur to me that others’ smiles can mask hardships? Do I know how to strive lighten to others’ load?
7. Am I grateful for the hard work of my Director, Team Leader and other leaders in Regnum Christi? Do I ever try to lighten their load? Do I at least think to pray for them, or tell them, “good job,” or “thank you”? When was the last time I offered to help my director or team responsible with a project --- even a little detail?
8. Am I quick to take offense? Can my leaders in Regnum Christi ask me for help with confidence, or am I defensive? If I can’t attend an activity, do I pray for its fruits?
9. Do I strive to form myself as a Christian and Movement member – even when duties keep me at home? Do I realize that my balanced personality, insights, calm, and charity are a principle means of supporting not only my fellow members, but my directors and leaders?
10. Do I know to collaborate in projects, or do I second guess every activity, every detail? Do I give constructive feedback about how things are going?

6. Christian Personality

1. Have I worked to develop all my human capacities?
2. Do I have the maturity I think a person my age ought to have?

3. What is my personality like? Do I cultivate noble ideals? Is my personality well-balanced? Do I have strength and depth of thought? Do I have a big heart? Am I understanding? Do I have honor, simplicity, patience, meekness and generosity? Am I adaptable and flexible? Impartial? Or am I proud and jealous?
4. How is my emotional maturity? Deficient? Unbalanced? Do I have dominion on my impulses and tensions? Am I capable both of reflection and good adaption to social situations? Am I realistic, or do I live a fantasy world? Am I decisive? Do my emotions cause me to be irresponsible?
5. How strong is my will? Is it full of initiatives, tenacious, militant or weak and insecure?
6. What is my conscience like? Is it rect, sincere, honest? Or is it insecure, confused?
7. Do I profoundly believe that my life has meaning? In what things?
8. What is it that principally gives meaning to my life?
9. Do I have a positive self-image?
10. Am I faithful to the commitments imposed on me by my baptism and confirmation? Do I live the apostolic commitment inherent to my being Christian? What practical significance do my being a child of God, heir of the Kingdom, Temple of the Holy Spirit and Soldier of Christ have in my life?
11. Is everything I do consistent with what I confess to be my way of life? Am I faithful to the exigencies of my state in life? Am I just to my employer by giving him full day's work each day? Am I faithful to each of my obligation in every field? Do I make and break commitments easily?

7. Formation of the Will and Passions

1. Do I know myself well enough to be able to make constant progress in my battle for spiritual excellence?

2. Have my conscience examinations produced practical results? Do I try to find the causes of my faults? Do I resolve to fight against them? Do I discuss these battles in spiritual direction?
3. What motivates my action? Love of Christ? Accomplishment of the will of God in my life? Duty? Sentiment? Personal convenience?
4. Do I have a well-defined concrete Program of Life? Why don't I follow it? Superficiality? Weak will? Laziness? Fear of failure?
5. What graces has God been giving me most insistently of late? Humility? Simplicity? Generosity? Self-surrender? Service? Patience?
6. How have I responded to these graces? Why have they not produced more fruit in me? Or: why have I rejected them?
7. Do I realize that my spiritual advance – or fridity – depends upon whether I respond generously to – or – reject – God's graces?
8. Do I recognize and properly value the graces which God sends me though the accomplishment of my commitments: prayers, Mass, Rosary, retreats, Encounters with Christ, examinations of conscience, frequent confession....? Or am I stuck in routine, disheartened, lacking faith?
9. Do I put my all into making a good daily meditation? Even when it costs me?
10. Do I strive to keep my character well balanced? If I tend to be day-dreamy and impractical, do I try to be objective and reflective? Do I fight depression or sour moods with love and enthusiasm for Christ? Do I know how to remain calm in any situation? If not, what am I doing to form myself?
11. Am I a slave of others' opinion? Am I extremely sensitive to criticism? Do I have a tendency to imagine slights? Am I brusque with others? What steps am I taking to replace these flaws in my character with positive traits?
12. Honestly speaking, what takes up more of my time: working on my own character or worrying about others? Do I know how to excuse and overlook others' minor failings?
13. St Teresa Avila said "a saint sad is a sad saint." Do I destroy my apostolate and efforts to spread the faith by frowning, sighing and complaining? Or do I strive to carry myself so as to encourage my fellow Catholics and attract my non- Catholic neighbors? What practical steps can I take from now on to be joyful person? Do I act on them with a sense of responsibility or do I base them on sentiment and forget about them?
13. What happens to the resolutions I make (including those I've make right now)? Do I act on them with a sense of responsibility or do I base them on sentiment and forget about them?

8. Human and Christian Maturity

Emotional and Social Maturity

1. Do I know myself and accept myself as I am? Do I work forcefully to improve my defects and recognize my good qualities?
2. Do I accept my sentiments? Do I manage, control and channel them adequately? Am I a serene and balanced person?
3. Am I conscious of the demands of my state in life: daughter, spouse, mother, professional, etc? Do I accomplish these demands with gratitude, dedication, happiness, and supernatural spirit?
4. Do I get along well with others? Am I capable of working on a team? Do I participate, support and collaborate with enthusiasm, or do I oppose initiatives and impede the work of the group?
5. Do I take into account the needs and rights of others? Am I punctual? Do I accomplish what I promise to do? Am I eager to serve?
6. Am I capable of working on a team? Do I participate, support and collaborate with enthusiasm, or do I oppose initiatives and impede the work of the group?

Intellectual Maturity

1. Am I serious about cultivating my intelligence? Do I study in order to improve myself, in order to better complete the duties of my state of life, to be better prepared for my apostolate?
2. Am I capable of analyzing situations, problems? Do I find prompt solutions or am I indecisive? Do I accept the consequences of my decisions?
3. What is my will like: strong, fighting, and tenacious?
4. Am I capable of asking advice, or do I think I have all the answers? When I ask for advice, do I go to mature persons who can really guide me?
5. Do I resist temptations offered me in the circles in which I travel, firmly maintaining my principles? Do I defend the institution of marriage, the right to life, human rights?
6. My attitude is it firm yet understanding, or am I inflexible and incapable of listening to or taking into account other ideas?

Moral Maturity

1. What is my conscience like: delicate, demanding, or have I permitted it to again grow lax, confused or scrupulous?
2. Do I bother to form my conscience? Do I know the Christian moral principles? Am I sure of them; do I consult when I have doubts or misunderstandings? Have I taken courses in morality and Christian Ethics?
3. Do I allow the prevailing atmosphere, whatever is in style, to modify my criteria? Am I clouded by my convenience and human respect?
4. Do I apply Christian moral principles in my daily life as daughter wife, mother, professional, friend, etc?
5. Do I transmit Christian morality to my children? Am I concerned about their formation in this respect? Do I give them good example through my daily testimony in the little details and serious problems?
6. Do I participate in my community as a responsible citizen, conscious that my participation is important for the preservation of Christian values? Do I inculcate this idea in my children?

Religious Maturity

1. Am I conscience of my baptismal commitment? Do I realize that the Movement doesn't ask anything extraordinary of me, but only gives me the means to respond to this commitment?
2. What practical response have I made to the fact that I am the daughter of God, heir of his Kingdom, temple of the Holy Spirit, Soldier of Christ and co-founder of Regnum Christi?
3. Are my criteria those of Jesus Christ and the norm of my life to do His will?
4. Do I know and understand the criteria of the Church? Do I follow her directives? Do I love the Pope? Do I follow his directives? Do I publicly defend his criteria? Do I live these criteria in my personal, conjugal and professional life?
5. Do I live the reality of being part of the Mystical Body of Christ with responsibility, surrender and generosity?

Maturity in the Movement

1. What do I do to distinguish myself as a formator with the Movement?
2. Do I make new member feel uncomfortable by expecting them immediately to conform to criteria that are new to them? Do I remember how I felt when I was new, and cultivate the new members accordingly?
3. Am I discreet? Can a new member rest secure that any problems or questions she expresses to me will go only to the appropriate director and to no one else? Or do I easily "fill in" all the other formators about a particular person's situation?
4. Do I live my vocation in the Movement with elegance and naturalness? Do my attitudes and actions make the life of a second degree member attractive? Or do I make the Movement seem like a clique? Am I uptight?
5. How well do I really know the spirit and method of Regnum Christi? If I have had the grace of special formation in the Movement (for example, by giving a year), or do I continue to update my knowledge, or do I assume I know it all? Do I take my Study Circles seriously?

9. Humility

1. Do I know myself? Do I know my best qualities? Do I know my dominant passion? Do I accept myself as I am? Do I forcefully work to improve my defects and recognize my good qualities?
2. Do I have a “program of life” which helps me to fight for holiness every day -- in concrete, practical way? My nightly examination of conscience: is it truly profound and thorough? Does it help me to know myself and the will of God in my life more deeply?
3. Do I have a spiritual direction? Do I trust in the Holy Spirit’s guidance and truly open myself in spiritual direction?
4. What is the quality of my confessions? Do I really “spit out the poison” of all my sins and shortcomings – even the venial ones? Do I confess all of my sins and fulfill my penance with a sincere desire to make reparation? Or do I justify whatever fault I have committed, blaming others and excusing myself?
5. Do I accept my temperament? Do I manage, control and channel it adequately? Am I balanced person? Do I make concrete resolutions to improve myself? Do I place my progress in God’s hands, or do I try to do it alone?
6. Do I need to hear praise frequently in order to remain motivated? Or are the voice of my conscience and the force of my will enough?
7. When things are going well, who get the credit? Do I remember to thank God for my successes? When things so wrong or I fail, does my world cave in? Or do I seek to improve with even greater effort?
8. If I notice that someone has greater talent than I, or is admired while I go unnoticed, can I rejoice? Or do I feel threatened? Am I able to call attention to other people’s good qualities, or must I always “put people down?”
9. Am I unduly jealous of persons or things who occupy my wife’s (or girlfriend’s) attention? Am I envious of time she spends with our children, or doing volunteer work, or helping a friend? Do I help her to develop her talents and gifts? Or do I seek only my own fulfillment?
10. Am I attentive to how to make others happy? Do I do without when something I like isn’t pleasing to others? Do I easily grant favors – even difficult ones?
11. Does everything have to my “my way?” Do I know best? Spiritually, am I old and jaded? Or am I still capable of learning, of being surprised or delighted?
12. Am I a harsh judge of others? Do I frequently issue commands, advice, warnings or complaints? Before anything else, do I try to give a good personal example?
13. Why do I want to be holy? Because I am ashamed not to be? So that others will admire me? Or because I love Jesus Christ and want to please Him?
14. Do I see the will of God in fulfillment of my everyday duties? Or do I think I am “above” such things?
15. Why am I not more zealous in spreading the faith? Is it out of “human respect” – fear of what others may think of me? Do I know how to be generous with my time and talents in the interest of Christ’s Kingdom? Am I all talk? If analyze my time carefully, how much of it would be devoted to loving Christ and saving souls? How much would be devoted to satisfying my own pride, vanity or sensuality?

10. Leadership

Militancy

1. Am I militant in my life of prayer? How easily do I put off my acts of piety throughout the day? What obstacles lie between me and fidelity to my dialogue with Jesus Christ?
2. How effective is the campaign I mount against these obstacles? Do I strive to make progress every day?
3. Am I militant with myself Am I militant or just rigid?
4. Am I committed to establishing and extending Christ's kingdom? What form does my commitment take? Empty promises? Hard prayer and hard work? Concrete goals and a program with which to meet them? Random good works?
5. What is my attitude in the face of obstacles? Do I relish a challenge? Do I like the idea of out-witting the devil's efforts? Do I look for alternatives? Do I get angry with God for not making things easier? Do I become sad and lose my enthusiasm? Do I give up at once without a second thought?
6. What motivates my militant attitude? Passionate love for Christ? The desire to bring other souls to Him? Interior judgment of others and feelings of superiority?

Formator of leaders

7. How deeply have I penetrated the meaning of leadership in the Church and in the Movement? Does it seem elitist or un-Christian to me? Can I see it with "supernatural spirit: as a way to live charity by spreading Christ as effectively and efficiently as possible?
8. In the midst of everything I do, do I recall that the first apostolate of every Regnum Christi member is recruitment? Do I keep an eye open for people who might contribute something to this plan of God? After initial contacts, what do I do to follow up?
9. What keeps me from being a more effective recruiter? Human respect? Laziness? Feelings of inferiority? Feelings of superiority?

Apostolic Zeal

10. How important is it to me that others be saved? A little? Am I interested only in the souls of my immediate friends and family?
11. Do I love my mission? Do I realize that God has entrusted me with a part of his plan of salvation – and only I can fulfill that part?
12. Is my love of Christ so passionate that it naturally spills over into everything I do? Or have I limited my evangelization efforts to particular times and places – a small fraction of my whole day?

Constancy & Tenacity

13. Realizing that "time is Kingdom" am I a good steward of my time? Do I know how to make every moment count for the realization of Christ's kingdom, or do I work and pray only fitfully, by fits and starts?
14. Do I make the effort to start my spiritual life fresh each morning, persevering through dry spell? Or do I pray only haphazardly, whenever I feel like it?
15. Do I know how to persevere with joy? Or do I allow annoyances and interruptions to steal my peace? Does a sudden change of plans ruin my whole day?
16. Do I strive for constant progress or settle for routine? Am I attentive to my integral formation – spiritual, intellectual, human and apostolic? Does my attitude help others to persevere and improve themselves?

17. Do I give my directors and responsables constructive feedback on activities? Do I try to discern the direction my director wants to take the section and follow up his initiatives?
18. Concretely, what do I contribute to my team and section? Hours of work in the apostolate? Financial support? Ideas? Gratitude for all the services done for me? Have I taken a look at the society around me and proposed some ideas for meeting its needs?
19. Is my perspective on apostolate limited to what can be done in prayer meetings? Or do I know how to use social times, too, to bring others one step closer to our Lord, the Catholic Church, and Regnum Christi?
20. How do I receive the initiatives of others? Am I attached to my own ideas and way of doing things? Am I open to a new project? Do I shot good ideas down by pointing out all the possible complications? Do I ever brainstorm about what to do and how to do it? Am I content with things as they are? Do I dare to think big?

Programmed & Systematic

21. Do I have a program of life and a program of apostolate? Or do I work completely haphazardly "putting out fires" and doing whatever occurs to me? What concrete aims am I trying to achieve in my growth in virtue and my apostolic work?
22. Do I try to think and work logically and efficiently? OD I realize how much time and how many souls are wasted and when I don't? What concrete steps could I take to make myself more efficient?
23. Whether in my personal life, my family life or my prayer life, do I make my sins reality by making concrete steps day by day? Or are all my good ideas just words and passing fancy?
24. In all my various roles, do I know how to practice delicate charity?

11. Love of the Movement

1. Am I conscious of my baptismal commitment? Do I realize that the Movement doesn't ask anything extraordinary of me, but only gives me the means to respond to this commitment?
2. Do I believe that the Movement is a work of God? Do I live a reality of being part of a great work of God with responsibility, surrender and generosity? Or do I think of it as a series of meetings which I may or may not attend, depending on how I feel?
3. What practical response have I made to the fact that I am the daughter of God, heir of his Kingdom, temple of the Holy Spirit, Soldier of Christ and Regnum Christi member?
4. What distinguishes me as a member of the Movement? Do I pray for it not only in general? But for the specific intentions of my team, my group, my section?
5. What most prevents me from spreading the love of Christ through the Movement? Is it that I don't really love the Movement Is it that I am ashamed to show enthusiasm? Do I rely too much on my own abilities and talents, forgetting that God will bless "holy boldness"?
6. Have I tried to learn the history of the Movement? Do I ever reflect on its providential nature? Do I give thanks to God for the gift of my vocation to the Movement?
7. Do I live my vocation in the Movement with elegance and naturalness? Do my attitudes and actions make the life of an R.C. member attractive? Or do I make the Movement seem life a clique? Am I uptight?
8. How well do I know the spirit and method Regnum Christi? Do I continue to update my knowledge, or do I assume I know it all? Do I take my Study Circles seriously?
9. How do I deal with difficulties I encounter in the Movement? Do I brood over them in silence, working them into big problems? Or do I have the humility, supernatural spirit, and confidence in my direction to ask questions of my team responsible, group leader, or spiritual director? Do I realize that it is better to ask a sincere question than to allow a small doubt to grow into a major obstacle to my vocation?
10. How do I live my team life? Am I prompt to team meetings? Do I enthusiastically contribute all I can? Or do I expect to receive insights and graces from the others, while I just sit? Am I concerned only with my own spiritual growth, or do I also keep an eye out for the other members of my team, helping them to have the best experience possible? Have I tried to get to know the other members of my team? Do I take personal responsibility for the success of Movement events to the extent I can? Or is my participation limited to just showing up? Do I collaborate with my directors by helping to get things started on time, etc?
11. Do I keep the lines of communication with my team responsible open, faithfully scheduling dialogue with her? Does she have to beg me for help with projects, or can she count on me? Do I ever offer help without being asked?
12. Do I think of the Movement as a great gift---one which I am dying to share with as many people as possible, and one which I am trying to take advantage of in my own life? Does it make me happy---even healthily proud---to be part of Regnum Christi?

13. Obedience – Part I

1. What does obedience mean to me: renouncing and surrendering my will to God or is it simple a constant struggle?
2. Do I believe that obedience destroys my personality? Or do I see it as a means to become a better Christian person?
3. Am I grateful to God that through obedience I can live dependent upon Him in a conscious manner?
4. Is Jesus Christ the model of obedience for me in his surrender to the will of the Father?
5. Do I fight to match my director's criteria with my own in order to achieve unity?
6. When these criteria do not match, do I know how leave aside my own plans and see the will of God; or do I only obey if I like what my director is telling me?
7. What is my reaction towards a mandate I dislike? An indifferent silence, complaints, absolute seriousness, or simple refusal?
8. How are my relations with my director: superficial, cold, or lacking trust and confidence?
9. With what meaning do I let my director approve my general readings, diversions, and my monthly budget?
10. Do I obey God through my director? Do I obey him just because I get along with him: when I obey, do I have any doubt as to whether or not I am doing the will of God?
11. Does obedience fill my life with firmness and security because I am following the will of God?
12. Do I reduce obedience to what the director tells me,, or do I open myself towards even greater availability to God?
13. Do I see in my duties the precise will of God for me? Do I fulfill them with love and surrender? Or do I fulfill God's will out of vanity and the desire to be esteemed and appreciated?
14. Do I depend upon my directors for my apostolate?
15. Is my obedience as the Movement teaches: ready, motivated, joyful, and even heroic? Do I know how to unite obedience with an attitude of initiative and action?
16. Do I accept with supernatural vision the supervision of my apostolic activity, or do I resist it?

14. Obedience – Part II

1. Is it impossible for me to ignore my own judgment?
2. Do I obey and submit myself to discipline just because it is required? Do I obey only what I want to obey? Do I know that obeying without spirit is wasting my time and harming my person?
3. When someone treats me sternly, does not take me into account, or asks something I dislike, do I know how to offer to God the commitment of my obedience?
4. Do I question obedience towards the Pope and the bishops in communion with him, or is this obedience a source of strength in my Christian life?
5. Do I seriously take into account the guidance of my superiors who are leading me to live and be a true member of the RC movement? Do I have enthusiasm, generosity, joy, and surrender in following whatever they ask of me?
6. Whom do I obey in directors: God, who wants to manifest himself, or just the priest as a friendly person who is intelligent and sympathetic towards me?
7. Do I control my egotism in order to predict the needs and desires of other people: my husband, children, my parents, and friends?
8. Am I accustomed to seeing my duties as the will of God; do I fulfill them as part of constant attitude of surrender and love or as a part of vanity, perfectionism, and human respect?
9. When my plans are blocked or changed, do I see the will of God?
10. Do I have a delicate, firm obedience and love for the RC Movement? Am I conscious that the efficacy of obedience lies in the internal strength, unity, efficiency with which it is offered? Do I see it as one of the most blessed virtues?

15. Poverty – Part I

1. Does the example of Christ as a poor man tell me something? Or do I see his poverty as something accidental?
2. Do I know how to detach myself emotionally and practically from worldly goods I possess, especially the ones that give me security?
3. To what end do I use what I have? For my own well-being or to foster vanity? Or for the Kingdom of Christ? Do I use objects with moderation, responsibility, generosity, and an awareness of the Church's teaching on social justice?
4. When I lack something, is my attitude one of joy because I feel the effects of poverty?
5. Do I know how to harmonize poverty with dignity and distinction? Or, do I take advantage of the criteria of dignity and distinction to seek comfort and luxury?
6. Am I responsible with my use of time? Do I use it deliberately? Do I have the conviction that I do not own anything, not even my own life?
7. Do I recognize that everything I have is lent to me by God, and I am merely the administrator?
8. Do I have the habit of saving, and treat things carefully, or am I negligent in their use?
9. What reaction do I have before setbacks and inconvenience in my daily life? Do I rebel against them and have temper tantrums? What is my attitude when I lack things I am accustomed to? Anxiety or restless?
10. Do I understand that poverty is more than just a situation in one's life? Rather, it is an attitude and a spirit of life that enriches my trust for God?

16. Poverty – Part II

1. Am I convinced that the message of the Gospel regarding the use of material goods is directed to me?
2. Have I sincerely tried to understand this evangelical message? How does this affect me; does it change my way of life? How have we changed from one year ago?
3. Am I a person who sticks to my ideas simply because I like them and not because I have examined them carefully? Has this happened to me in relation to my understanding of poverty?
4. Am I ready to embrace self-denial and sacrifice as part of evangelical poverty?
5. Have I lived as if I could serve God and money at the same time? Am I in love with God? Which other things are valuable in my life? Do I really believe I am a pilgrim on earth, or do I feel much at home here?
6. Am I living seriously my life of prayer and growing profoundly in it? Do I seek to understand poverty and live it without placing it first before God in prayer?
7. Am I humble enough to accept and believe the teachings of the Church and Scriptures regarding poverty? Have I studied the social doctrines of the Church?
8. Am I able to explain to anybody what evangelical poverty means? Do I confuse it with dirt, disorder, need, and stinginess? Do I neglect my own personal appearance because of a misunderstanding of poverty?
9. Honestly, where is my center of gravity? What do I usually talk about? Do I habitually talk about what possessions I have, which I want, and what they cost?
10. Do I truly understand what total surrender to the Kingdom of God is? Can I explain it to others? What is my posture with respect to the values of the world: prestige, comfort, pleasure, sexual pleasure, money, and success?
11. Am I conscious that I should give away what God has given me to the Church through the Movement: talents, time, availability, and money? Do I give from my need or from my surplus?
12. How have I given of myself for the needs of others during the past months?

17. *Responsibility*

What does responsibility mean to me? Am I conscious that God created me out of pure love and I am accountable for that love?

1. How significant in my life is the fact that God has called me to be a Christian? And furthermore, how important is it that He has given me a vocation to the Movement as a way of sanctification? Do I feel grateful and honored by this reality or instead do I experience it as a burden, an annoyance, or a source of uneasiness?
2. Do I appreciate the grace of being co-founder of a Movement inspired by God? Do I collaborate in one of its apostolates, giving to God, through the Movement, the maximum of my time, effort, work and example?
3. Do I respond with diligence to the calls and graces that God reveals to me in prayer? Do I offer to Him my commitment to Regnum Christi? Am I demanding with myself in my apostolate?
4. Do I believe that my eternal salvation depends upon the way I respond to the will of God, to His call, to my baptismal commitment and my life in the Movement?
5. Am I faithful in the little details of my daily life or just in what I consider valuable?
6. How do I carry out the will of God in my different duties: apostolic, social, family, etc?
7. Do I show punctuality, assiduity and generosity when I get involved in some apostolate? Or instead do I exhibit carelessness, negligence, thoughtfulness, or unreliability? Do I ever think that I am doing a "favor to God" and the Movement with my apostolate? Do I recognize that everything I do must be motivated by love of God and my neighbor?
8. Do I show maturity in my commitment to God through Regnum Christi? Am I reliable responsible, trustworthy? Do I respect the time of others and my own? Do I organize myself well, or am I a slave of my moods, doing things on the spur of the moment? Do I ever consider every moment as time to serve God? Do I take advantage of time to maximum degree?
9. Do I look for excuses and justifications when something makes me tired or annoys me in my apostolate? Do I make an effort of will and fulfill my duties with joy for love of God? Have I made an "inventory" of all the talents God has given me? Do I try to produce the maximum of my capacities? What am I going to give God at the end of my life when I meet Him face to face?

18. *Second Degree*

1. What differences are there between me as a second degree member and other RC members? Especially regarding the following: integration, apostolate, economy, recruiting, formation, and interior and sacramental life?
2. How does my second degree status affect my team? Am I just another member or am I a source of spirituality? Do I give testimony with my fidelity? Do I value the weekly meetings of my team and the other RC activities as sources as grace given by God?
3. How does my being a second degree affect my attitude towards the Movement? Am I concerned about its growth and development? Do I rejoice over its successes and involve myself in creating a good ambience for it? Do I have the courage to defend the Movement, or do I leave that to others?
4. Do I consider my second degree status a vocation? How does this affect my life? Do I feel a profound commitment to Christ due to my calling? Am I conscious that as a second degree member I should be the heart of my section?
5. Am I concerned for the other second degree members of my section when they miss a meeting? Do I call them to find out what may have happened? Do I pray for them, their apostolates, the section, the Movement, and the Director?
6. Do I promote greater surrender, in other members in order to increase new second degree vocation?

19. *Union & Esprit d'Corps*

1. Is my love for Christ the heart of everything I do? Do I love the Movement as the concrete way Christ has called me to serve Him?
2. How am I integrating myself into Regnum Christi? Do I take pains to learn spirit, method, history and genuine traditions of the Movement? Do I perform concrete acts of service in support of the Movement? Am I grateful and fruitful member of the Regnum Christi family?
3. When I make my morning offering, do I remember to offer my prayers in union with Regnum Christi throughout the world? When I receive communion, do I commune with the world Church and with the whole Movement?
4. How do I think about the Church and the Movement? Do its interests concern me? Do desire to build them up and protect them from harm?
5. Do I know how to love – seeing Christ in each person without looking for any compensation?
6. Do I know how to love those who hurt me – either through direct harm or thoughtlessness? Or do I only think well of my friends?
7. Do I pray for others? My enemies? Do I pray for the other members of my team? My team responsible? My director? Do I pray for God's grace to help me love others?
8. Do I assume that others have an easy life in comparison with me? Do I notice their good qualities, their efforts? Does it ever occur to me that others' smiles can mask hardships? Do I know how to strive to lighten others' load?
9. Am I grateful for the hard work of my Director, Team Responsible and other leaders in Regnum Christi? Do I ever try to lighten their load? Do I at least think to pray for them, or tell them, "good job," or "thank you"? When was the last time I offered to help my director or team responsible with a project – even a little detail?
10. Am I quick to take offense? Can my leaders in Regnum Christi ask me for help with confidence, or am I defensive? If I can't attend an activity, do I pray for its fruits?
11. Do I strive to form myself as a Christian and Movement member – even when duties keep me at home? Do I realize that my balanced personality, insights, **calm**, and charity are a principle means of supporting not only my fellow members, but by directors and responsables?
12. Do I know how to collaborate in projects, or do I second guess every activity, every detail? Do I give constructive feedback about how things are going? Do I allow others to develop their gifts and qualities, or do I everything myself – since they know best?
13. Do I control my tongue? Am I so careful about criticism that a person would to lie in order to accuse me of it?
14. How delicate is my charity? Even if I don't wish anyone harm, do I sometimes hurt others through thoughtlessness? Do I bring up topics that other people might find too sensitive? Do I say things which make new Regnum Christi members feel excluded?
15. Am I generous with praise? Do I know how to see the good in other people and help others to see it as well?

20. Use of My Time

1. Have I ever reflected on the meaning of value of time? Do I appreciate time as a precious gift from God? Do I thank Our Lord for the opportunity to work for sanctity in each moment he grants me?
2. When examining my conscience, do I include a review of how I use my time? Do I take my use of time to confession and spiritual direction?
3. Do I have a program of life which helps me in concrete, practical ways to make my life bear fruit for Christ every day? Do I make concrete resolutions after each period of prayer so as to really bring the Gospel to bear on my life?
4. If I had to face Judgment right now, what account would I give of my life so far? Have I accomplished all that God hoped for from me? What plans and steps can I make so as to make my life bear abundant fruits for his Kingdom from this moment on?
5. Do I need "twenty-five" or "thirty" hours in a day in order to accomplish my daily acts of piety and apostolate? Has it ever occurred to me that God in his providence has give me only twenty-four – and that is all I need to accomplish all He expects from me?
6. What holds me back from using my time more profitable? Television? Magazines? Telephone calls? Day-dreaming? Disorganization? Laziness? Uncontrolled moodiness? Comparing myself to others?
7. Do I undermine my own efforts by "running myself ragged?" Do I get enough sleep? Exercise? Do I eat well? Do I choose leisure activities that truly refresh me for my daily task?
8. Do I accomplish the duties of my state in life with great perfection out of love for Christ? Do I understand that devotion and apostolate begin here?
9. Do I offer God "quality time" for prayer? Or do I always offer Him the last sleepy moments before bed time? Do I think of prayer as an addendum to my day, or as the key to making my life bear fruit for His Kingdom?
10. Concretely, what is my daily scheduling? How do I spend my time? Are there any useless activities I could cut out in order to have more time for prayer and apostolic works? In use activities, am I efficient? How could I do more in less time?
11. What does the way I spend my time each day say about where my heart - and my treasure – is? When choosing how to spend my time, do I remember that apostolic work to spread the Kingdom is a commitment conferred on me at baptism?

5

Family Life

1. The Spirit of Work in the Family

1. Without being rigid or stern, do we make our household a school of diligent and effective work?
2. Are we true examples of order and organization, showing our children how to build constructive habits? Do I realize that my children are not “regular people” but are meant to help build society, community and the Kingdom of Christ? Do I teach my children how to build their personalities so as to resist pressure?
3. Do I teach children that we don’t necessarily have to have every material possession, but that we can live happily with what we have? Am I an example of this spirit of poverty? Do I frequently talk about money or the lack of it? Do I realize that by dwelling on the scarcity of money, I am building up the importance of money in the minds of my children as much as materialistic ambitions would?
4. Do I teach my children to work, paying attention to detail in whatever they do: chores, little projects, and school work? Do I teach them the true motives behind work, human and supernatural? Do I realize by nature they tend to be heroic in their actions when they are convinced of something? Do I inspire in them higher goals and ideals?
5. Am I conscious of the contemporary thought that we should save our children from hardships and offer them an easy, comfortable life? How do I fight this? Am I afraid to cause them discomfort or frustrations. Am I too afraid of their cries? Do I recognize that yielding to their indulgences is harmful to them?
6. Do we initiate the spirit of effort and sacrifice from our children’s earliest years? Do we understand that it is easier to create habits for life when they are small?
7. Do I try to follow a schedule for meals, bedtime, play and study? Do I point out the importance of this type of discipline?
8. Are we ready to be firm and constant with the decisions that we make with our children? Or do I give in when they complain? Do I let them manipulate me?
9. As the children are growing, do I teach them to have habits of order, cleanliness, and good personal appearance, or, for my own convenience, do I neglect to make this constant effort?
10. Do I teach my children to make voluntary sacrifices, offering them for their brothers and sisters, their family, the poor and the missions? Do we teach them to control their passions when they start showing up, such as laziness, envy and anger? Do we remind them to examine their conscience on a daily basis?

2. *The Exercise of Authority in the Family*

1. Am I really convinced of the necessity to use authority and demand obedience from our children? Or do I pay too much attention to new secular theories of freedom for children for the sake of their self-esteem?
2. Do we know how to balance freedom with authority? Do we make our children obey just to follow the letter of the law and conform with our wishes? Or, instead, do we try to strengthen their will to obey by showing the positive reasons behind the demand to do the right thing?
3. Do I see today more than ever the necessity to promote the spirit of obedience? Do I give my children an example of obedience in my behavior in regard to the Church and my husband? Do I stimulate, promote, and reward obedience?
4. Do I understand and meditate on the fact that through obedience to the Father, Christ saved us?
5. Do I help my children to understand obedience by the way I talk to them; for instance instead of saying, "I want this," do I say, "We have to do this because it's our duty?"
6. Do I teach my children to be ready to obey, diligent in obedience, from their earliest years? Do I teach them to reconsider their behavior when they are unwilling to obey?
7. Do I acknowledge that authority exists only for the sake of respecting the dignity of the human person, and not as a means of dominating other and imposing our ways and egoism on them?
8. Do I exercise authority as a gradual process in the education of my children, especially in the adolescent period? Do I think carefully before commanding my children to do something? Do I give them many orders at the same time? Do I coerce the freedom and initiative of my children?
9. Are my rules exact and clear? Are my words of approval exact and clear?
10. Am I serene and tranquil when I have to reprimand my children and exercise my authority? Do I show impatience, temper tantrums, raise my voice to a yell, or use bad language?
11. Do I give my children contradictory orders? Does my husband say one thing and I another?
12. Are our commands filled with love and kindness, recognizing that one of the best things that we can do for our children is to discipline them properly? Will our children apply our lessons of family obedience to their relationships with God?

3. *The Religious Education of Children*

1. Being conscious of the glory of God and my opportunity to possess Heaven for all eternity, is my principal preoccupation the religious instructions of my children? Am I firmly persuaded that other things relating to education, such as sports, cultural and social events, are secondary in importance?
2. Will I feel sad, that I have failed as a parent, if I don't make my children into true Christians who are always united with God through sanctifying grace who use Christ as a model for life?
3. Do I put my trust in sacramental grace to achieve this goal, knowing that God is alive in the souls of my children?

Religious Education for the Child:

1. Do I understand that even a child can perceive the reality of God even if he cannot fully understand it?
2. Do I see the sign of the cross and the sight of his parents kneeling in prayer can impress the child and lead him to discover God? Does the environment of my home show the presence of God?
3. Do we take advantage of opportunities in our daily lives to teach our children that God is a good and generous Father, who has given each of us a father and mother to take care of us? And that He has also given us nature as a gift that communicates His beauty?
4. Do I try to form in my children the sense of conscience when they do both good and evil? Do I try to let them know that sin offends God?
5. Do I take advantage of the natural sense of imitation that children have to encourage them to kneel when they pray, make the sign of the cross, put their hands together, and be as quiet as they can during Mass? Do I use the crying room that most parishes have as a play room or as a part of the church?
6. Do we encourage our children to pray every day prayers that promise an awareness of the sacred?
7. Do we take advantage of different sacred images that can help our children to awaken true faith and love for Jesus, Mary and the saints?
8. When a child experiences sentiments of admiration for the world that he is discovering, do I take advantage of the moment to make them feel and see the wonderful works of God? Do I teach him sentiments of trust and abandonment in his Providential love? Do I teach him to talk to God and see Mary as his mother and to count on his guardian angel?
9. Do we teach him the main Christian prayers, not as memorized rhymes that he can show off to others, but as a means to talk to God? Do we work hard in order for them not to be monotonous or irksome? Do we try to be brief, simple, and appealing without long periods of silence and uncomfortable positions in our worship? Do we as parents how particular faith, peace and joy after we come from the Eucharist?
10. When it is the moment for our children to make their first communion, do we take advantage of this time to instruct them in the faith and teach them how to be truly united and intimate with Christ?
11. Do we pass along the customs of making the sign of the cross when we drive by a church, making a visit, genuflecting and praying effectively?
12. Do I encourage my children to go to confession regularly, at least once every two weeks? Do I urge them to attend First Friday and make a visit on Saturday to our Blessed Mother?

4. *My Husband & Me*

1. Have I made an effort to know myself – not only my qualities defects, but also my most profound tendencies? Have I done the same with my husband's personality? Do I nurture curiosity about what he thinks, wants and feels even after many years of marriage?
2. Do I keep a "secret garden" which he cannot penetrate? Do I consider this legitimate and necessary?
3. What do I do to fight against the monotony of daily routines?
4. Are my husband and family the most important things in my life, or do I prefer my friends or profession?
5. Do I pay attention to my personal appearance for my husband's sake? Do I recognize that is very important to look my best, or after years of marriage, do neglect my appearance, taking my husband for granted?
6. Do I fell responsible for my husband's sanctification? Do I understand that I must be fully human before I can be a saint? If so, am I a real compassion to him in sports, cultural events and parties? Even in little details, am I delicate with him?
7. Do I try to understand my husband? Do I partake in his anxieties and concerns, or do I just load him up with my own? Do I fall into the trap of talking about only the children most of the time?
8. Do we make decisions about the children as a team? How about decisions about friendships, activities social events? Do I run his life?
9. Do I know how to share my intellectual life with him? Do I truly listen to him when he is talking to me? Do I try to unite my prayers and actions with his?
10. Do I help my husband to be responsible for our household, or do I take over? Do I treat him as nothing more than a source of income? Am I a nag? If he comes home from a long day, do I know how to give him a few moments to relax before allowing myself or the kids to disturb him? Do I realize how important this is for most men?
11. Do I give importance to our sexual union? What can I do to improve it? Am I stingy with my body? Do I pressure him to "perform" Do we talk about this aspect of our lives? Do we pray to give our sexual life the supernatural meaning God intends? Do we respect and obey the Church's norms in this regard? Do I tell all my girlfriends about our intimate life, or do I keep it between us?
12. Have I learned to love my in-laws? Do I refrain from criticizing them? Do I love his family as my own, knowing that this demands both effort, understanding and charity?
13. Do I acknowledge the importance of having a joyful household, nourished by Christian virtue? Do I foster kindness, laughter, attractiveness and a gently sense of humor?
14. Do my husband and I have a program for "play"? Do I consider my husband's needs and likes and try to share them?
15. Do I pray for my husband truly, or do I just pray for him to do what I what time to do and se things my way? Do I make sacrifices for him? Do I accept the ways in which he differs from me, or am I always trying to change him?
16. In what concrete ways do I make my husband feel respected and loved? Do I give him respect in front of our children? Am I in the habit of pointing out his flaws or idiosyncrasies in public?

5. True Motherhood

1. Do my children understand that my love for my husband is as important as my love of them? Do I see that just as procreation took two, so raising a family sit the work of both parents? Are my husband and I am team?
2. Do I know that the greatest gift I can give to my children beside the faith is a loving and stable relationship with my husband? Do I understand that I must be a good wife to be a good mother? Do I interweave the two realities of my life as wife and mother?
3. Do I avoid whatever breaks the conjugal union? Do I control, especially in front of my children, signs of impatience with my husband? Do my husband and I recognize that is some topics of conversation are not to be share with children?
4. Do I highly esteem the mission of motherhood, knowing that it is more than giving birth, but the responsibility to educate my children in the Catholic faith?
5. Am I detached from myself? Are my thoughts about my husband and children? Do I take care of my household duties with enthusiasm and joy, even when the chores in themselves and dreary? Am I good example of motherhood to my girls? Do I teach my boys how to treat a woman and how to appreciate the work they do?
6. What does the word "mother" invoke for me? A sensitive filled with kindness? Meekness? Self-denial? Readiness to understand? Healing and consolation? Slavery? Drudgery?
7. Are my desires to protect and care for my children obsessive? Do I inhibit their development through ever-protection? On the contrary, am I careless about them?
8. Do I acknowledge that my children are not "mine" but God's? Do I see that he created them free and different from myself? Do I allow them without being lax in discipline, to become themselves, or do I force them to be like me?