

Life in SPIRITUS

The mission of SPIRITUS is to inspire young Catholics to spread the Gospel and renew the Church!

SPIRITUS is an amazing time of growing in holiness, making lasting friendships, inspiring thousands of young Catholics and developing Christ-centered leadership skills. Life in SPIRITUS is focused around spiritual and personal formation, evangelization ministry and community life. During the year, we dive into these areas and allow God to use us as Saint Mother Teresa states, "like a little pencil in His hand." The degree to which we say, "Yes" to God and absorb His graces is the degree to which our lives are transformed and we help in transforming the lives of others through SPIRITUS. Our hope is that you will grow in your understanding of SPIRITUS through this brief description of essential aspects of the program.



Formation and Mission

SPIRITUS accepts the call of Pope Francis and forms young adults to be lifelong missionary disciples. SPIRITUS Missionaries are formed in their relationship with God and service to others through a foundation in prayer, spiritual direction and weekly formation courses following the pillars of Encounter, Discipleship, Mission, Community and Conversion.

Encountering God

SPIRITUS Missionaries are founded in a deepening relationship with God, Jesus and the Holy Spirit. Throughout the year we strive to grow in understanding of and relationship with the Trinity. SPIRITUS Missionaries commit themselves to praying together at daily Mass, morning and evening Liturgy of the Hours, Praise & Worship, Divine Mercy Chaplet, Rosary, 1-on-1 Prayer, Lectio Divina and Eucharistic Adoration.

Discipleship

SPIRITUS Missionaries give themselves totally to Jesus and are formed as disciples through monthly spiritual direction, weekly formation courses, Marian devotions, and diving more deeply into Scripture and the Catechism.

Mission

SPIRITUS Missionaries lead retreats and youth ministry programming during their time of service. They learn to lead others into prayer, give inspiring witness talks and engage others into the life and commitment of a missionary disciple of Jesus. One of the goals of SPIRITUS is to inspire more than 5,000 young Catholics each year through retreats, small groups and parish ministry. We give retreats for students in grades 2–12. These retreats are focused on a range of topics of the faith to help young people encounter Jesus in a personal way. All SPIRITUS retreats are interactive, spiritual, and designed to personally engage students like Jesus did.

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Community

SPIRITUS Missionaries are brothers and sisters in Christ, building up communities by engaging and serving others, forgiving, welcoming sacrifice, embracing their crosses joyfully to bring others to Jesus.

Conversion

SPIRITUS Missionaries surrender their will to God, seek reconciliation, grow in humble obedience, pursue past hurts and are open to the Holy Spirit transforming their lives.

Intercession

SPIRITUS calls on the intercession of Mary, the Mother of Jesus, for guidance and for help in loving and serving Him more completely. SPIRITUS looks to Mary as their Mother on mission with them. SPIRITUS also turns to St. Paul, the great Christian evangelizer, to intercede in their evangelization efforts.

Spiritual Direction

Spiritual direction is essential for growing in holiness. SPIRITUS Missionaries each choose a spiritual director and meet with them monthly during their time of service. Missionaries have reported that spiritual direction is an invaluable aspect of SPIRITUS.

Servant's Heart

In our quest for holiness and evangelization, we must not overlook the quality of a servant's heart, which so completely characterized the life of Jesus Christ. Our Lord said, "For even the Son of Man did not come to be served but to serve, and to give his life as a ransom for many" (Mark 10:45). The apostle Paul states, "You should have the same attitude toward one another that Christ Jesus had." He adds, "Jesus emptied Himself, taking the form of a slave, *and* being made in the likeness of men. He humbled Himself by becoming obedient to the point of death" (Phil. 2). There is no question that to grow and mature in Christ, we must give of ourselves in ministry. This giving to and for others will prepare us to be servants of the Savior and one another.

"And may the world of our time, which is searching, sometimes with anguish, sometimes with hope, be enabled to receive the good news not from evangelizers who are dejected, discouraged, impatient or anxious, but from ministers of the Gospel whose lives glow with fervour, who have first received the joy of Christ."

Pope Francis