



**GO! 30 MEDITATIONS ON  
HOW BEST TO LOVE YOUR  
NEIGHBOR AS YOURSELF**

**STUDY**

# OVERVIEW

---

## *Go! 30 Meditations on How Best to Love Your Neighbor as Yourself*

### SUMMARY

---

This Study Circle Guide is only a “pointer” to a ready-to-go resource perfect for a practical, in-depth study about the missionary dimension of our Christian identity: *Go! 30 Meditations on How Best to Love Your Neighbor as Yourself*. This book was designed from the beginning to be useful for individuals, small groups, and even classrooms. It provides sufficient structure for effective small-group meetings, but avoids an overabundance of stifling material.

It focuses on understanding the second greatest commandment, which Jesus himself said is just as important as loving God with all your heart, soul, mind, and strength: “love your neighbor as yourself” (Mark 12:31).

The book unfolds what is meant by the missionary dimension of our Christian lives. It explains clearly and precisely the real meaning of terms that tend to be used vaguely, like the following: evangelization, new evangelization, mission, apostolate, building the Kingdom, etc. After clarifying these terms, the second part examines the different ways that each one of us as an individual can live out this essential aspect of our Christian identity. We are all called to be apostles - one of the aspects of the Gospel that Regnum Christi really emphasizes - but what does that really mean? What is that supposed to look like in my day-to-day life? What is that supposed to look like in the life of a mom, a professional, a young adult? And what are the most common tactics the devil uses to keep us from living this dimension joyfully and fruitfully? All this and more is covered in this essential book in 30 short chapters, using ample quotations from St. John Paul II and other canonized popes, clear and practical explanations of traditional Catholic spirituality, and ample Scripture quotations.

### CATEGORIES OF INTEREST

---

Apostolate; Mission; Catholic Doctrine; Spiritual Growth; General

### TIMEFRAME

---

The easiest and most logical way to use this resource for group study is to have one session for each chapter (there are 30 chapters in all). But the book is divided into four parts, so it could also be used in a more condensed and focused way as a four-session study.

### MATERIALS NEEDED

---

Each participant needs:

- At least one copy of the book, *Go!*. Ideally, each participant would have a personal copy. But you can share if needed. The end of each chapter contains stimulating and substantial questions for discussion.
- *Optional:* If you have never moderated a small-group study, we recommend that you read “The Better Part Group Study Guide,” published at [www.SpiritualDirection.com](http://www.SpiritualDirection.com) and available there as a free download. This is a leader’s guide that explains how to use *The Better Part* in a group discussion setting. It is short and provides extremely helpful hints for any small group activity.

### WHO CAN PARTICIPATE?

---

Anyone who is already a convinced (though not necessarily well-formed or mature) Catholic. The book makes use of, but makes no attempt to explain, basic Catholic assumptions (e.g., the divinity of Christ, the infallibility of the Magisterium, the Real Presence in the Eucharist, etc.). Some of the material may be familiar to people who are advanced in the spiritual life, but even for them, because of the ample Scripture references and practical challenges at the end of each chapter, it can be a fruitful review and a way to dig deeper.

The approach in general, and the questions for reflection and discussion at the end of each chapter, reflect the Christ-centered and apostolic nature of the spirituality proper to the ecclesial movement Regnum Christi, along with its valued principle of integral formation. Nevertheless, explicit or exclusive references to the Regnum Christi vocation are not included.

This resource is also useful as a tool for evangelization. It makes it easy to start a faith-sharing group for Catholics who are feeling nudged by the Holy Spirit to take greater ownership of their Christian identity.



