

our life... Like a rainbow

ARCOBALENO

Our movement began as a revolution of our whole previous way of thinking and acting. Revolution means changing from the roots! We know that the **main force of our revolution is LOVE!**

Previously our life was divided into many parts, and so it was not very attractive. There was a time to pray, a time to work or a time to do the apostolate. At a certain point we realized that the **only** thing we had to do was love God and everything else was included in that.

To show him our love, we prayed; to tell him that we loved him we loved our neighbors and did our daily duties. In this way, all the various aspects of our life were unified, and everything was full of light and unity.

Now if we bring ahead this revolution, if we put into practice the seven aspects of love, we'll be able to bring peace to the world.

Another beautiful thing is that the rainbow is a symbol of Mary. You know that the leader of our gen Movement is Mary. Therefore, every gen has to become another "little Mary" in the world. If this is so, Mary, through us, **will give Jesus back to the world.** And what more do we want?

When the gen Movement, like Mary, will be able to give Jesus to the world, it will have reached its goal because Jesus will be, in a certain sense, alive again in the world and He will continue his revolution for many generations to come.

How do we concretize this love in our life?

Chiara understood that **love is like a light.** When it passes through a prism or a drop of water, it refracts into seven colors of the rainbow. Love is the same. For love to be real and not just something sentimental or mere enthusiasm, it has to be expressed in every part of our life. If we live our lives according to the rainbow, then whether we study, speak, pray or play sports, we will always be Jesus and that means **we will always be LOVE.**



Rivoluzione arcobaleno

Révolution arc-en-ciel

Revolução arco-íris

Regenbogen-Revolution

Revolución arco iris



our life... like a rainbow

ARCOBALENO

Love leads us to put our possessions in common with others.

So if we really love our neighbors, like, for example, when they are hungry, without a second thought we give them food.

Chiara would like to see us **gen**, Christians of the 20th century, capable of fulfilling this Ideal of Jesus, just as the first Christians did. The first Christians put everything in common. It was not obligatory, it was voluntary. Putting things in common was their characteristic.

What should we do then as gen? We shouldn't just give because it's required of us, but **because God wants it**, God desires it. And urged by our love for God, we want to share with others all that we have.

You can understand that if all the gen all over the world do this, it will be a revolution. Who has ever seen such a thing? Many young people today keep their own money to buy their own toys or anything that they want for themselves.

Who ever thinks of putting what they have in common so that it could be shared with the poor and those in need, just like the first Christians did? We want to return to this lifestyle of the first Christians.

Many adults don't have the courage to do this. But **your generation is called to answer to this need of our times, to be authentic followers of Christ**. Plus, you have been called by God at this young age to do this because you are still detached from the world while most adults cling to their possessions. Actually at the end of life these things have no value at all. Because what has value is only LOVE, only those things done for God.

Rosso

Red


Rouge

Rojo

جس

Vermelho

Rot




You may ask yourself: "But we are young! We don't have a lot of money to share." The answer is this: "You are young. But you will grow up. Your studies today will prepare you for work tomorrow. With the money you will earn in the future, you will have a capital which will help provide for the needs of others: this will be called the CAPITAL of God."

The RED is the first color of our rainbow revolution. And for those who follow Jesus, the first thing he will tell us is: "Go, sell what you have, give it to the poor, then come and follow me."

This is a way to live LOVE. It is through this way that we will also fulfill the dream of the encyclical, "The Progress of Peoples," in which the Holy Father had a prophetic vision of the world. He affirms that we need to have a community that reunites all peoples, where goods are put in common.

The Gen Movement must commit itself to the thought of its leader, the Holy Father. His words are alive and we have to put them into practice. In this way, his message will be a reality in the future, when you are adults!

TEST

- 
- What do you strongly feel you need to do in order to live the RED in your zone?
 - In trying to live the RED in your life, do you decide alone what to do with what you have that's extra or do you see it together in your gen units and with your gen assistant, keeping in mind the material difficulties that other gen in your zone or in other parts of the world are living? Are you able to do the "bundle" at least once a year?
 - In these past years, the world communion of goods among the gen has diminished a lot. Why do you think this is so and how can we rekindle the fire of living the communion of goods?
 - How do you think we can put into practice what Chiara said about "the capital of God," so that we will be to use it for our local needs, the needs of the zone and of the world?

TEST

our life. a rainbow

The second aspect is another revolution!

Let's look around us, in our schools, in our neighborhood and we see that everyone, all the young people, almost always think only of themselves, and don't really care about others. At best, perhaps, they want to save their own soul, but generally don't think of the souls of others. This is not how the first Christians lived.

Tarcisio, one of the young people in those times, risked every kind of danger to bring the Blessed Eucharist to his friends who were persecuted because they were Christians. And for this reason he too was killed.

He was truly a "new generation" and we could follow him as our model.

What then should be our attitude towards our friends?

Chiara said: "If you have the flame of love in your hearts, it must burn. If you have 40 classmates in school, you have to bring to God as many as possible. If you have 400 in your school, and if there's a group of you, you have to bring about a revolution of Love there." You may say: 'I tried, but it's hard!' I understand. That's why we have to help one another."

I know that you already use the Gen Tactic, but if that's not enough, use other means to spread your Ideal. Use the media. Invite your friends to meetings where the gen speak. Go to the Mariapolis and participate actively, not just as spectators. Go to talk about the Gen Movement and share your experiences.

These are all ways to give witness to your Ideal. If you have faith and love, you can conquer anything, because our motto is "that all may be one." And you have to conquer the world of the youth to Christ, sharing with others the flame of love in your hearts.

Arancio

Orange

Anaranjado

نرتفالي

Alaranjado

TEST

- How do you think you live the Orange personally and together with the other gen 3 of your zone?
- What do you think are the difficulties and obstacles that you as gen have in putting into practice this aspect of our life?
- How do you think we can fulfill Chiara's mandate: "Make the gen 3 grow and multiply"?



TEST

The GEN 3

EACTIC

Many times when we go back to our cities after a Mariapolis or a gen congress, we have **our hearts full of love, exploding with the desire to share with everyone our Ideal**. Have we discovered the precious pearl, that gives meaning to our life? Then, let's treasure it!

Let's thank God and let's pray to him in the tabernacle, or in the silence of our rooms, or in the depths of our hearts where he lives, and let's ask him to make us true apostles of his Ideal.

But before speaking about our Ideal, let's start with our actions, to show our love concretely. They said about Jesus: "First he acted, then he taught."

Let's look around us, and, in all the people we meet during the day, let's see Jesus. And let's love them.

Are they suffering? Let's suffer with them.

Are they happy? Let's share their joy.

Are they worried? Let's try to comfort them.

Are they burdened by a lot of problems? Let's share their burdens.

Do they want to play? Let's play with them.

Do they love music? Let's enjoy their music too.

In other words, let's love. Love always, even if it costs us, making ourselves one with each neighbor, except for the things that are not good, which of course we always have to avoid.

Making ourselves one with others - that's "the gen tactic."

When we love them like this, they will ask us why we act this way, what makes us do these things. Then it will be the moment to speak, to explain the Ideal to them and they will understand because they have seen us live it first, and **then they will follow us.**



our life... Like a rainbow

Do you know what true love is?

Where are the roots of true love?
Authentic love is rooted in God.

Today, in our world, especially among the youth, no one wants to hear much about God. You go to church and find it empty. How can we leave God alone and abandoned, and not pray to him?

Here, too, we need to bring about a revolution.
We need to fill our churches and
only those who love God can do this.

How can we know that God is in our hearts and not even recollect ourselves in prayer every now and then?
A saint once said: "This century is atheist because people don't adore God anymore."

A lot of young people want to change the world but they rely on human strength and not on God. They don't realize that only God can answer their questions.

The gen instead are convinced of this and they are able to fight battles in their life because they have God as their help and they are certain that with him, even if they are young, they can obtain what is impossible for man.

Here, therefore, is the third aspect of our life:
the YELLOW, which is prayer.

If others make fun of us because we go to church, let's not pay any attention to them. **Our revolution is rooted in God!**

Giallo

Yellow

Jaune

Amarillo

jaune

Gelb

Amarelo

TEST



Is your life and that of the other gen 3 in your zone well rooted in the YELLOW, that is, in union with God? Do you have any suggestion to help the gen 3 live well this aspect of your life?



Are you able to live the instruments of the collective spirituality in your zone: make the pact of mutual love, share your experiences and what is in your soul, have personal talks with your gen assistant, and the moment of truth with one another? If not, why do you think it's hard and how can we make better use of these instruments of our collective spirituality?



How are the gen meetings in your zone held? Do you have any suggestions for improvement: in its regularity, in the topics to talk about, and in the way to do it?



TEST

LOVE brings

us

to

God

The gen 3 want to be **a generation of saints**.
Their support is in God, and so they want to deepen their relationship with him.
They want to make their life **a "Holy Journey"** and become saints together.

Prayer

- To pray always, by being another Jesus, by loving.
- To pray offering to God every action of the day, saying "For you, Jesus."
- Dedicate time for prayer. Choose the best moments of the day to pray.
- Have a moment of silence before praying to recollect yourself with God.
- Like Jesus, pray to God, calling him: "Abba, Father."

- Try to concentrate before starting meditation.
- Read something from the Gospel or some spiritual writings of the movement
- Speak heart to heart with Jesus: adoring him, thanking him, asking for forgiveness, and asking him for many graces.

Meditation

Union with God

Then our relationship with God will grow:

- trying to love our neighbor always
- embracing Jesus Forsaken with joy in every difficulty
- remembering with gratitude all the graces that God has given us
- talking with him everyday through prayer
- following Mary as our model to love Jesus

our life... Like a rainbow

Love spontaneously pushes us to stay always united with one another.

This aspect makes us live with perfection the "mystical body of Christ" as the Church teaches. In the mystical body each one of us is unique, with body and soul. And **the body is important for every Christian.**

Many beautiful cathedrals have been built for Jesus in the Eucharist. In the same way we have to take care of **our bodies as temples of God** who lives in us when we are in a state of grace.

Our physical body must be healthy in order to serve God our Creator better. That's why the gen love sports. In fact, we are the temples of the Holy Spirit and so this temple must be strong and beautiful. In the olden times, they used to say: "A sound body has a sound mind."

There are times when God asks us something other than good health, like sickness or death. How do the gen act in these circumstances? **In this respect, too, we need to change our mentality.**

Generally when a person is sick, they complain a lot and make the rest of the family worry. A gen, instead, accepts every suffering from God with joy. And as much as the suffering permits, the gen smiles and gives an example to the others. This is the inner revolution we have to make.

Those who see this do not understand. They might ask, "Why do you keep on smiling even when you are suffering?" Then tell them your secret: "It is God. Even Jesus was crucified. I want to suffer like him. I know that **my revolution will not go ahead without suffering.** And uniting my sacrifice to that of Jesus, I am certain that our Ideal will spread all over the world."

In the same way, the gen will know how to face death. For the gen, death is something beautiful: it is the encounter with Jesus and Mary.

Verde

Green

Vert

أخضر

Grün

But the health of our physical bodies is not enough.

The gen also love the "health" - so to say—of the mystical body of Christ. This mystical body of Christ is made up of all Christians united by love, with Christ as their head. The life of this mystical body is in the unity of all its members, which makes us, like the very first Christians, one heart and one mind.

And so, just like when there is disorder in the organs of the body, there is no health, so, in the same way, when there is disunity among Christians, there is no "health" in the mystical body of Christ.

The first Christians used an exceptional method to keep themselves healthy in this sense: they would nourish themselves with the Holy Eucharist, which Jesus left to us as the bond of unity among all and the medicine for disunity.

So if all the gen want to be like the first Christians, who spread all over the world, they have to nourish themselves with Jesus in the Eucharist. This gift of Jesus in the Eucharist is SO PRECIOUS that we want to receive it as often as we can. Its effects are so extraordinary that we want to make use of this weapon for our cause.

To maintain the health of our physical and mystical body for the service of God is another way of showing our love for him.

Green

TEST



What do you think are the aspects of the green that we should improve on in each of our lives and all together as gen 3 in the zone?



Do you know and help the gen 3 in your zone who are experiencing sickness or health problems, making them feel you are with them?



What would you like to do to take more advantage of the summer or vacation period in your zone to intensify and make Jesus in the midst grow among the gen 3?

TEST

our life... Like a rainbow

There's another aspect that brings us all together as one "community."

As you know "church" means community or assembly.

Before we had churches with walls, the first Christians were the **LIVING CHURCHES**. It has to be the same with us too.

We know that "**gen centers**" are developing everywhere, even in the basements of houses, which reminds us of the catacombs where the first Christians used to gather.

Like them, the gen have a place to talk about God and their revolution of love; and they sing new songs, with modern instruments, that give thanks to God and are a way to then launch their message to a bigger public through their music. This way their witness to God will have a greater effect on society.

Also the gen have a great need to meet together and, as it says in the Bible, "**A brother helped by another is like a fortified city**" (Prov. 18:19). They always find renewed strength in their meetings.

BLUE

Everything that has to do with the gen getting together is the BLUE aspect of our rainbow revolution.

Azzurro

Blue

Bleu




أزرق

Azul

Blau

TEST



-  With regards to living the BLUE, what do you think are the greatest challenges that the gen 3 have to face and how can we help each other to overcome them?
-  In your zone, do you help each other in living this aspect, for example, seeing with Jesus in the midst how we can dress like Mary and generally how we relate among ourselves and with others?
-  Do you have any suggestions of how we can live the blue, especially with regards to bringing ahead the Young for Unity?

TEST

SPACE

FOR

IDEAS



our life... Like a rainbow

If love burns in our hearts, it gives us a superior intelligence, a new light.

I want to share with you a personal experience. When I was young I went to ask a theologian, since he knew very well the things of God, if he could talk to me about God. He answered: "My child, I studied much about God, it's true, but I wouldn't know how to talk to you about him." I was disappointed to hear that, but I thought I would find someone else to satisfy my desire.

Later on when I was ready to go to college, I applied to a Catholic University so that I could learn about God, but I wasn't accepted. I was filled with anguish and almost lost hope that I would ever find someone who could talk to me about God.

While I was crying from my disappointment, a thought suddenly came to me which gave me peace. It was as if God were saying to me in my soul: "**Be at peace Chiara, I will be your teacher.**" And that's really what happened.

In fact, what is the Ideal but a revelation, a manifestation of God? And now this light has filled so many people, including adults, teenagers and young adults, Catholics and non-Catholics.

What is this Ideal? It's Wisdom. It's a superior light that invades our heart and mind. The Church says it's a charism, a gift from God. And who taught me about God? God himself. Because God knows how to make himself known. In fact, God is Love and Love is light.

Wisdom has to be in all of us, even if we are young, and this wisdom is much more than human science—it's another aspect of our life of Love. Love that produces Wisdom is what we call **INDIGO**.

Indaco

Indigo

Indigo

نیلی

Anil

TEST



It's not always easy to confront our friends on questions about faith and morality. What are the most difficult topics to talk about with your friends?



How do you think we can help the gen 3 to live the Indigo? Which areas do you think we need to study more?



Do you know the Marian School? Do you have the possibility to go more in depth in the Marian School during your meetings? Do you think it's something useful to do? What are your suggestions to help the gen to know the catechism of our faith, in order to have the answers we need?

TEST

SPACE

FOR

IDEAS

A series of ten horizontal lines for writing, with arrows pointing towards them from the left and right sides.

our life... Like a rainbow

As you know, the Gen Movement is now spread in 183 countries all over the world.

I noticed that not all the gen are in contact with the gen of other countries. This is very **ESSENTIAL** for us. We have to know one another.

We can start by entrusting to every unit the task of establishing contact and getting to know the gen 3 from at least one other nation. Keep a very active correspondence with them, to be this one body, to form this **network in the world**, formidable and compact, with an incredible force capable of penetrating the world of the youth whom we still have to conquer.

This experience of being one body, and to live as such, is the expression of love we call: the **VIOLET**

TEST

- How is the relationship among all the gen 3 in your zone? And what about the World Gen Center? What can we do to make this relationship grow deeper, more supernatural?
- Are you subscribed to the gen 3 magazine? Do you actively participate in it by giving your suggestions or sharing your experiences? What can we do to make it suitable to your needs as gen 3?
- Do you have the gen 3 magazine translated in your language in your zone?
- What are your thoughts with regard to the relationship of the gen 3 and the media? Do you feel conditioned by it? Are you able to use media in a positive way, with critical judgment, and as an instrument for building a united world?



TEST

Violetto

Violet

Violeta

بالفوسجي

Violett



TEST



THE GEN NETWORK:



How are you able to meet the tasks that have been entrusted to you: in your rainbow unit, your city and your gen units?



Do you know all about the World Gen Center, its role, and its importance for all the gen 3 all over the world? What would you like to know about it so as to help all the other gen 3 of your zone appreciate what the World Gen Center is for us?



How can you participate more directly as a Rainbow Unit in the life and the activities that are promoted by the World Gen Center for the benefit of all the gen 3 all over the world?

TEST

TEST



YOUNG FOR UNITY



Have you had the experience of seeing your life as a gen 3 become complete by dedicating yourself to working for the Young for Unity? Do all the gen 3 of your zone feel this need to work for the Young for Unity, too?



What do you think about having the Supercongress in all the different zones (2009 was in India, maybe 2011 in Brazil)? What should be its characteristic and is there anything new you would like to do?



In light of the City Fest, what do you think could be the contribution that we can give as young people to this big event of the movement?

TEST