

# Real+True

PILLAR II

UNIT 23 GUIDE

OVERVIEW

The Catechism is not a textbook, a collection of ideas, or a set of rules. Rather, the Catechism is the faithful echo of a God who wishes to reveal himself to us and desires us to respond. Our mission is to hand down and pass along the gift of our faith by creating beautiful, captivating, and relevant content inspired by the Catechism of the Catholic Church. And we are making this content in multiple languages and accessible for free to people all over the world.

The content, structure, and methodology of Real + True takes inspiration and direction from the Catechism of the Catholic Church and sound, evangelizing catechesis. Catechesis is inextricably intertwined with evangelization, and its primary aim is to put people into intimacy and communion with Jesus Christ. (Catechesi Tradendae, 5)

The word “catechesis” comes from the Greek word that means “to echo”. This simple guide is designed to help you understand the structure of our content and better use it to echo the teachings of Jesus yourself. The structure takes inspiration from the catechetical methodology, the pedagogy of the Catechism, and the pedagogy of God.

## THERE ARE FOUR PARTS TO THE CATECHISM. THE FOUR PARTS, OR PILLARS, ARE:

- The Profession of Faith (Pillar I)
- The Celebration of the Christian Mystery (Pillar II)
- Life in Christ (Pillar III)
- Christian Prayer (Pillar IV)

Each pillar is divided into 12 units. In total, this project will include 48 units that will cover the entire Catechism of the Catholic Church (CCC). Every month, a new unit will be published.

The twelve units for pillar two and the paragraphs of the catechism they cover are:

<b>UNIT 13</b>	Liturgy	1066-1112 1135-1209
<b>UNIT 14</b>	Sacraments	113-1134 1210-1211
<b>UNIT 15</b>	Baptism	1213-1284
<b>UNIT 16</b>	Confirmation	1285-1321
<b>UNIT 17</b>	Eucharist	1322-1344
<b>UNIT 18</b>	Mass	1345-1419
<b>UNIT 19</b>	Confession	1420-1498
<b>UNIT 20</b>	Anointing of the Sick	1499-1532
<b>UNIT 21</b>	Holy Orders	1533-1600
<b>UNIT 22</b>	Marriage	1601-1666
<b>UNIT 23</b>	Sacramentals	1667-1679
<b>UNIT 24</b>	Funerals	1680-1690

## EACH UNIT THEN CONSISTS OF THE FOLLOWING VIDEOS:

**Proclamation**

**Explanation**

**Connection**

There are a few characteristics of the Catechism's approach and structure that are worth mentioning. The Catechism is trinitarian, meaning we view all of the faith through the lens of the Trinity. The Catechism is also christocentric, meaning its focus or center is Jesus. The Catechism is kerygmatic, meaning it is animated by the saving message of Jesus Christ, the Good News. The Catechism has a missionary dimension, meaning it does not presume faith in those that would read it but seeks to evangelize through its presentation of the faith. And the Catechism is systematic, progressive, and organic, meaning the structure itself is a catechesis. The structure for each unit was developed using these characteristics and the Ecclesial Method, proposed by Msgr. Francis Kelley (author of *The Mystery We Proclaim*).

While each video is designed to be able to stand on its own, there is some benefit in watching them in order, and they do build on each other.

### **Proclamation Video**

The first video is meant to rouse the spiritual curiosity that allows us to be prepared to hear the Gospel message. These videos explore the world and our human experience, and the hope is that these videos will be especially attractive to those who might be less interested in a video that directly addresses the doctrines of the faith.

### **Explanation Video**

The second video breaks open the content of the passage of the Catechism being addressed in the unit. This video is much more straightforward and is guided by a discussion back and forth between two voices who are exploring the truths of the faith.

### **Connection Video**

The third video is meant to be a real-life application of the passage from the Catechism. The tone of this video is often playful, and it is meant to connect with the audience on a more practical level that is relevant to their lives.

THESIS: GOD SHOWERS US WITH GRACES AND PREPARES US TO RECEIVE THE SACRAMENTS THROUGH SACRAMENTALS.

## Proclamation Video: Why are mementos so important to us?

### Discussion Questions:

- What did you find particularly striking in the video?
- What are some objects in your life that hold special significance? Why do they matter to you?
- Do you have any personal experiences where an object gained significance due to a particular event, memory, or because of how it reminds you of a loved one?
- If you were home alone and you realized your house was suddenly on fire, what would you take with you that is irreplaceable?
- In what ways do objects provide comfort or motivation during challenging times?
- The movie portrays Neil Armstrong leaving a bracelet on the moon. What do you think the significance of leaving his daughter's bracelet on the moon might be for Neil? How might this have helped someone process their grief?
- How do objects help us connect the physical and spiritual aspects of our lives?
- The video suggests that objects like the bracelet can provide us with strength. Can you relate to this concept in your own life? Why or why not?
- How do objects serve as a bridge between the past and the present?
- How do you think objects relate to our need for storytelling and memory-keeping?
- Are there any objects that you've inherited from family members? What stories or emotions do they carry?
- Do you think the value we place on objects is universal or cultural? Why or why not?
- How can reflecting on the meaning of objects in our lives help us understand our own values and priorities better?

## Explanation Video: What are sacramentals?

### Discussion Questions:

- What stood out to you from the video?
- How do objects, like photos or keepsakes, help you feel more connected to people or memories in your life?
- Can you think of a personal example where an object helped you deepen your faith or spiritual practice?
- Have you had any meaningful experiences of blessings in your own life?
- Do you find the idea of consecration or dedication of objects or places to be meaningful? Why or why not?
- Does the idea that exorcisms are sacramentals surprise you? Why or why not?
- How do sacramentals differ from sacraments in their role and purpose?
- How can sacramentals help prepare us to receive the sacraments in a more meaningful way?
- Do you have any experience with sacramentals like medals, relics, or rosaries? How have they impacted your spiritual life?
- Can you think of a time when a sacramental, like a blessed object or a special devotion, helped you stay connected to your faith during a challenging time?
- How do sacramentals fit into the idea of "popular piety" in the Church?
- How might sacramentals help us create a more sacred and holy environment in our daily lives?
- What is the role of sacramentals in helping our personal relationship with Jesus?
- Do you think sacramentals can deepen our sense of belonging to the Church community? Why or why not?

## Connection Video 1: Are Catholics superstitious?

### **Discussion Questions:**

- What was something that struck you in the video?
- Do you think there's a risk of misunderstanding the purpose of sacramentals and turning them into superstitions? How can this be avoided?
- What's your understanding of superstition? Can you give examples of common superstitions?
- How would you explain the difference between sacramentals and superstition to someone who is unfamiliar with the Catholic understanding of sacramentals?
- In what ways can sacramentals become a reminder of our faith journey rather than objects of superstition?
- How do you think the concept of a "false sense of control" is linked to superstition? How does this differ from the role of sacramentals?
- Can you share an experience where a sacramental, like a rosary or holy water, helped you feel more connected to your faith or God's grace?
- According to the Catechism, how does the Church define sacramentals and their purpose? Do you find this explanation meaningful? Why or why not?
- How do sacramentals serve as "guideposts" in our spiritual journey?
- What are some times when you felt guided or supported by sacramentals?
- What are the spiritual effects of sacramentals, as mentioned in the Catechism?
- How do sacramentals play a role in fostering a sense of community among Catholics?

## Connection Video 2: How to use Holy Water

### **Discussion Questions:**

- What stood out to you from the video?
- Have you ever wondered why Holy Water is present in Catholic churches? Before this video, what did you think its significance was?
- How would you explain Holy Water to someone who is not familiar with it?
- In what ways does Holy Water connect to the Sacrament of Baptism?
- According to the Catechism, what are sacramentals, and how does Holy Water fit into this understanding?
- Reflect on the specific prayer used by Priests to bless water. How does this prayer shed light on the purpose of Holy Water beyond Baptism?
- St. Teresa of Avila spoke about the power of Holy Water in repelling evil. How might this understanding influence your perspective on using Holy Water?
- How does the presence of Holy Water at the entrance of a Church tie into its purpose of reminding us of our Baptism and the new life given to us by Jesus through the sacraments?
- Imagine using Holy Water to bless yourself throughout the day. How could this practice impact your mindset and spiritual journey with Jesus?
- How does the act of making the sign of the cross while blessing yourself with Holy Water connect to Jesus' passion, death, and resurrection?
- What do you think are the spiritual benefits of using Holy Water to bless our surroundings, like our homes? How does it contribute to building a life in Christ?
- How might Holy Water serve as a reminder of your commitment to discipleship and your response to Jesus' call in your daily life?
- Can you think of any personal experiences or stories where Holy Water played a meaningful role in your own or someone else's spiritual journey?
- How does the notion of "sacramentals preparing us to receive the sacraments" shape your understanding of Holy Water's significance?
- How can the practice of using Holy Water be integrated into group or family settings to foster a shared sense of faith?
- Reflect on the idea that God showers us with graces and prepares us for the sacraments through sacramentals. How does this concept resonate with your understanding of God's role in your life?

# General Recommendations

## **FRIENDS AND FAMILIES:**

These videos are great discussion starters with coworkers, family members, and friends. You can easily share one over social media or by text. Say a prayer and ask the Holy Spirit to inspire you and guide you on who to send a video to. Follow up later by asking what they thought of the video and if there were any thoughts or questions it stirred up. Practice spiritual accompaniment by using active listening and refraining from correcting or teaching.

## **PARISH SETTINGS, SCHOOLS, YOUTH, YOUNG ADULT, AND COLLEGE CAMPUS MINISTRY:**

These videos work great as a series for social media posts or email newsletters. Be sure to include a link for people to dive deeper into the rest of the content. In more formal catechetical settings, these videos are best used as supplemental discussion starters, or to recap a lesson. Try using these to open a lesson and dive right into reactions and discussion. For younger students, or those who are not active disciples, try the proclamation videos as a way into the content. For those who might be new or active disciples, try using the proclamation, explanation, and connection videos.

## **CATECHISTS:**

The Catechism's structure is itself a teaching. And the method and content of these videos is a great way to discuss with catechists how to effectively accomplish an "evangelizing catechesis". By watching the unit videos together while reading the Catechism paragraphs, you can then discuss with your catechists what they noticed about how the content is presented. What was highlighted, and what was left out? What does this video have to do with Jesus and our relationship with him? How is this video trying to lead people into a deeper curiosity and openness to the Catechism's content? The podcast episode of each unit often dives into this "behind the scenes" approach and can be useful for catechists and catechist training.

We hope and pray that these videos will find people who are curious about what the Church teaches and about Jesus. We pray that the proclamation videos rouse a spiritual curiosity about the world and what it means to be human. We pray the explanation and connection videos would present the contents of our faith in a way that is relevant to their lives, perhaps in a way they've never heard before. We hope that many may find these videos to be useful conversation starters to journey with others who are spiritually curious or seeking truth.

We also hope and pray that Real + True helps others rediscover the "pulsating heart of the catechism," as Cardinal Raniero Cantalamessa stated in his sermon on the catechism to the papal household, a heart that has a face and a name – Jesus Christ.

Visit [realtrue.org](https://realtrue.org) for more videos and resources.