

Real+True

PILLAR II

UNIT 25 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 three and the paragraphs of the catechism they cover are:

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| UNIT 25 | The Vocation to Beatitude and Dignity of the Human Person (1699-1729) |
| UNIT 26 | Freedom, morality, and conscience (1730-1802) |
| UNIT 27 | Sin, Virtues, and The Human Community (1803-1948) |
| UNIT 28 | Salvation: Sin, Law, and Grace (1949-2051) |
| UNIT 29 | The Commandments (2052-2082) |
| UNIT 30 | The Beatitudes (1716-1729) |
| UNIT 31 | Commandments 1-3 (2083-2195) |
| UNIT 32 | Commandment 4 (2196-2257) |
| UNIT 33 | Commandment 5 (2258-2330) |
| UNIT 34 | Commandment 6 and 9 (2331-2400, 2514-2533) |
| UNIT 35 | Commandment 7 and 10 (2401-2463, 2534-2557) |
| UNIT 36 | Commandment 8 (2464-2513) |

EACH UNIT THEN CONSISTS OF THE FOLLOWING VIDEOS:



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 connection video is meant to be a real-life application of the passage from the Catechism, and answer common questions related to this unit's content. The tone of these videos are often playful, and it is meant to connect with the audience on a more practical level that is relevant to their lives.

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UNIT 25: THE DESIRE FOR HAPPINESS, OUR VOCATION TO BEATITUDE, AND THE DIGNITY OF THE HUMAN PERSONS | CCC 1699-1729

THESIS: LIFE IN CHRIST FULFILLS OUR DIVINE VOCATION AND OUR HEART'S DESIRES TO SHARE IN GOD'S OWN HAPPINESS.

Proclamation Video: The connection between happiness and relationships

Discussion Questions:

- What did you find particularly striking in the video?
- How do you personally define happiness, and has that definition evolved over time?
- Do you agree or disagree that happiness is always temporary? Why or why not?
- In what ways might the pursuit of happiness lead to a sense of selfishness or unfulfillment, as mentioned in the video?
- Reflecting on Leo Tolstoy's "The Death of Ivan Illich," how does the pursuit of personal success sometimes lead to neglecting other important aspects of life?
- Do you agree with the hedonistic view that happiness is the absence of pain and the pursuit of pleasure? Why or why not?
- Can you think of experiences in your life where happiness was found in suffering or sacrifice rather than pleasure?
- Were you surprised by the results of the Harvard study? Why or why not?
- How do you believe relationships relate to achieving happiness?
- What distinguishes a high-quality, close connection from a superficial or quantity-based relationship?
- How do you balance the pursuit of personal happiness with your responsibilities to others, such as family, friends, and community?

Explanation Video: The surprising truth about your desire for happiness

Discussion Questions:

- What stood out to you from the video?
- What is your happiest memory, and what made it so special for you?
- How would you explain the concept of the "dignity of the human person" mentioned in the video to someone who isn't familiar with it?
- In what ways does God's creation reflect His happiness, according to the video?
- Can you relate to the idea of longing for infinite happiness? Why or why not?
- Imagine the metaphor of "Happiness sunlight" mentioned in the video. What does it mean to stretch out your arms and bask in it?
- Why do you think original sin is described as a disfigurement of the image of God within us?
- In your opinion, what distinguishes genuine happiness from temporary pleasures or fleeting moments of joy?
- In what ways does your relationship with Jesus influence your pursuit of happiness and the choices you make?
- Reflect on the idea that life in Christ fulfills our divine vocation. How can you practically live out this principle in your life?

Connection Video: The most common misconception people have about freedom

Discussion Questions:

- What was something that struck you in the video?
- What does the concept of “freedom” mean to you personally, and how has it evolved over time?
- How does culture, modern technology, and self-help advice influence our understanding of freedom in today’s society?
- Can you think of an issue or debate in the news or on social media that was ultimately about freedom? What were the key arguments or viewpoints presented?
- In your opinion, does freedom equate to the ability to do whatever you want without restrictions? Why or why not?
- Reflect on the statement that freedom is a power to choose. How does this idea resonate with your own experiences?
- According to the catechism, what is the role of our intellect and will in our exercise of freedom?
- In your view, can true freedom exist without a moral framework or ethical principles?
- Reflect on the concept of freedom “for” choosing the good. How does this perspective change your understanding of freedom?
- Have you ever experienced the conflict between choosing what you desire and choosing what is morally right? How did you navigate that situation?
- How does the gift of freedom make humans unique among all other creatures, according to the video?
- In what ways do our free choices shape our character and influence our future decisions?
- In your opinion, what is the ultimate purpose of freedom, and how can it be used to pursue true and lasting happiness?
- loved ones who are grieving?

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 for more videos and resources.