

Real+True

PILLAR II

UNIT 26 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:

- 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:

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 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 26: FREEDOM, MORALITY, AND CONSCIENCE | CCC 1730-1802

THESIS: GOD INTENDED THAT WE LIVE WITH FREEDOM AND INVITES US TO CHOOSE TO BECOME HIS ADOPTED SONS AND DAUGHTERS.

Proclamation Video: The Relationship Between Choice, Emotion, and Logic

Discussion Questions:

- What did you find particularly striking in the video?
- How do you see the struggle between emotions and reason play out in your own life?
- How does the struggle between emotions and reason affect your spiritual life?
- In what ways do you think social media and external influences impact your emotions and decision-making process?
- How does the concept of an “amygdala hijack” resonate with your experiences of emotional responses in challenging situations?
- How does the idea of integrating emotions and reason align with the teachings of the Catholic Church on balancing faith and rationality?
- Can you share an instance when you felt your emotions were clouding your judgment in a faith-related decision? How did you eventually reconcile your emotions and reason in that situation?
- In what ways do you think understanding the relationship between emotion, reason, and free will helps us develop a stronger spiritual life and a deeper relationship with God?
- What are some practical steps or practices that can help in fostering a stronger integration of emotions and reason, leading to a stronger relationship with Jesus?

Explanation Video: What the Catholic Church says about Freedom and Morality

Discussion Questions:

- What stood out to you from the video?
- How does the concept of the “adult table” and “God’s table” reflect the relationship between rules and freedom in our life as a disciple of Christ?
- What has been your experience of your “conscience” in your own personal life?
- What insights can we gain about the nature of love and free will from the portrayal of God’s allowance for human choice and freedom, as highlighted in the video?
- Can you share any personal experiences where you felt your conscience guiding you towards making moral choices that align with the teachings of Jesus? What helped or made this challenging?
- What role does understanding the Ten Commandments and the Beatitudes play in shaping our moral conscience?
- What can we do practically in our daily lives to rely more on grace to aid us in choosing good and avoiding evil?
- How can growing in our understanding of the 10 Commandments and Beatitudes help our relationship with God and impact our daily lives?

Connection Video: How to Make Moral Decisions with an Informed Conscience

Discussion Questions:

- What was something that struck you in the video?
- How does our conscience help us make moral decisions in our everyday life?
- How would having a poorly formed conscience impact your ability to choose right from wrong? What would the experience of a poorly formed conscience be like?
- How do you see Pinocchio and Jiminy Cricket symbolizing the process of forming our conscience, and how does this narrative resonate with your personal understanding of moral growth and maturity?
- In what ways does the analogy of playdoh in the script help us understand the importance of actively nurturing and developing our conscience?
- How can we practically balance introspection with external sources of truth to make morally sound choices?
- Can you share an experience where you found guidance and clarity in your moral decision-making process through the teachings of the Church or the support of Christian community?
- What practices mentioned in the script, such as the Sacrament of Reconciliation and mental prayer, do you find helpful in nurturing interiority and fostering a stronger connection with your conscience and faith journey? Are there any you want to incorporate into your life more?
- In what ways can you apply the insights from this video to your daily life as a disciple of Jesus?

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.