

Real+True

PILLAR III

UNIT 30 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.

Real+True

UNIT 30: THE BEATITUDES | CCC 1716-1729

THESIS: JESUS ELEVATES THE COMMANDMENTS AND REVEALS
GOD'S WAY OF HAPPINESS THROUGH THE BEATITUDES.

Proclamation Video: Does chasing happiness make us unhappy?

Discussion Questions:

- What did you find particularly striking in the video?
- How does the pursuit of happiness manifest in today's culture, especially considering the significant investment in the wellness industry and self-help books?
- According to the research mentioned, why might focusing on finding happiness lead to lower psychological health, especially for Americans? How might this impact your own search for happiness?
- What cultural differences in the perception of happiness are highlighted, and how do societal views affect individual well-being?
- How has the definition and measurement of happiness evolved over time, and what role does culture play in shaping these concepts?
- In the West, happiness is often viewed as an individual pursuit. How does this individualistic perspective impact people's expectations and experiences of happiness?
- The script mentions different forms of happiness. Can you think of personal experiences that align with these various forms, and how they contribute to your overall well-being?
- Discuss the challenges posed by disappointment, suffering, and limitations in the pursuit of happiness. How can one's definition of happiness align with life's challenges?

Explanation Video: The Happy Paradox of the Beatitudes

Discussion Questions:

- What stood out to you from the video?
- How does the video highlight the multifaceted nature of the word "happy" and its various meanings in different contexts?
- According to Aristotle, what is the ultimate purpose of human existence, and how does the pursuit of happiness align with our human faculties of the intellect and the will?
- How does God's guidance through the 10 Commandments and Jesus' teachings of the beatitudes contribute to the pursuit of happiness?
- The video introduces the concept of "beatitude" as a divine and supernatural form of happiness. How does this differ from natural happiness, and what role does your relationship with Jesus play in experiencing beatitude?
- How do the beatitudes' paradoxical promises shed light on the Christian life and provide hope in challenging circumstances?
- How do the conditions and results of each beatitude change the way you think about your own actions and attitudes?
- Consider the paradoxical nature of the Beatitudes, especially in the midst of tribulations. How can the grace from God that comes in the midst of challenging experiences lead to true happiness?
- If the beatitudes reveal the heart of God, how might you describe God's desires, priorities, and way of viewing the world after reflecting on the beatitudes?

Connection Video: Can you live the beatitudes in real life?

Discussion Questions:

- What was something that struck you in the video?
- In the introduction, Edmund shares his personal journey of neglecting the beatitudes despite his strong Catholic background. Why do you think the beatitudes are sometimes overlooked or misunderstood, even by those deeply involved in their faith?
- Edmund categorizes the temptations to put in the place of God as wealth, pleasure, power, and honor. How can recognizing these help in living out the beatitudes?
- Reflect on the brainstorming process Edmund undergoes to make the beatitudes practical. How does thinking of ways to live them out in both reactive and proactive ways change how you think about the beatitudes?
- Edmund shares his experience of living out each beatitude daily and how he made them tangible by displaying them on his wall. How do physical reminders and intentional reflection impact the way we follow Jesus in daily life?
- Explore Edmund's specific commitments for each beatitude, such as giving something away for "Blessed are the poor in spirit" or practicing meekness in parenting. How can these commitments be adapted to your own life, and what challenges might you face in implementing them?
- Discuss the concept of "decisive moral choices" mentioned in the catechism. How does living the beatitudes confront individuals with moral decisions, and how do these choices contribute to seeking God above all else?
- Edmund admits the challenge of the week and the difficulty in recognizing attachments to wealth, power, pleasure, or honor in his life. How does the process of examining these attachments in prayer contribute to personal growth and understanding?
- In the conclusion, Edmund expresses that the challenge was hard but resulted in a sense of peace, happiness, and purpose. How can these teachings, which "up the stakes," on the 10 Commandments, bring about positive changes in the way you follow 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.