

# Real+True

PILLAR III

UNIT 31 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 31: COMMANDMENTS 1-3 | CCC (2083) 2084-2195

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

### Proclamation Video: Change Your Focus, Change Your Life

#### Discussion Questions:

- What did you find particularly striking in the video?
- Share a personal experience where an unexpected setback led you to reassess your priorities and goals.
- What is currently the most important thing in your life, and how does it influence your daily decisions?
- Do you believe having a clear and singular focus contributes to a healthier life? What about the health of your relationship with God?
- What motivates you in your pursuits, and how does it impact your experiences and satisfaction with success?
- What drives your major life decisions, and how do you envision looking back on your life based on that “why”?
- What do you consider as your guiding “ONE THING” in life and how does it align with your values?
- What do you wish you could change about your life to help you keep the most important things first in your life?

### Explanation Video: What it means to Love God Above All Else

#### Discussion Questions:

- What stood out to you from the video?
- Before watching this video, how did you understand the commandment to “love the Lord with all your heart, mind, and soul,” and how do you prioritize this relationship?
- Share an experience where focusing on your relationship with God influenced your actions in other areas of life.
- How do you go beyond blind obedience and cultivate a personal relationship with God? What practices help you connect with Him?
- What language or ways do you communicate with God? If someone overheard this, how would they describe this conversation?
- Can you recall a moment when the way you spoke about God or used His name had a significant impact on your spiritual life?
- Share a time when you struggled with being tempted to trust something or someone other than God. How did it affect your relationships?
- How do you observe the Lord’s Day, and what significance does participating in Mass hold for your spiritual life?
- Share an example of how living out the first three commandments has positively impacted your relationships and overall well-being.

## Connection Video: Is it a sin to say “OMG?”

### **Discussion Questions:**

- What was something that struck you in the video?
- Share a personal experience where words, especially related to the second commandment, impacted your relationship with someone else. (Some examples are nicknames, family names, titles, etc.)
- How do you handle using language that may be considered impolite or disrespectful, especially in casual conversations, in light of the second commandment concerning God’s name?
- How does being mindful of language, especially when referring to God, contribute to your spiritual journey, prayer life, and relationship with God?
- Considering the psychological impact of language, how do you think your words influence your behavior and perspectives, especially your outlook and ways of relating to God?
- How do you approach expressions like “OMG” or “Oh my God” in your speech, and do you think they align with obeying the second commandment?
- Reflect on the idea that God revealed His name to us, signifying trust and intimacy. How does this change or impact your perception of prayer and your relationship with God?

# 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.