

Real+True

PILLAR III

UNIT 34 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 34: COMMANDMENT 6 AND 9 | CCC 2331-2400, 2514-2533

THE GREAT POWER OF HUMAN SEXUALITY
FINDS ITS FULFILLMENT ONLY WITHIN MARRIAGE.

Proclamation Video: Does porn impact our relationships?

Discussion Questions:

- What did you find particularly striking in the video?
- How do you think the increase in porn consumption during the pandemic reflects societal attitudes towards relationships and intimacy?
- The video mentions the negative effects of porn on the brain's reward center. How do you think this affects our ability to form and maintain healthy relationships?
- Why do you think there's a growing trend right now in acknowledging the harmful effects of porn, especially among health circles and popular figures?
- The video compares porn consumption to other indulgences like cigarettes and fast food. Do you think this comparison is accurate? Why or why not?
- How might the normalization of porn consumption impact our understanding of human sexuality and relationships?
- Dr. Brené Brown suggests that humans are wired for connection, love, and belonging. How does viewing porn affect these fundamental human needs?
- How do you think porn affects trust and intimacy within relationships?
- Pope St. John Paul II remarked that porn shows too little rather than too much. What do you think he meant by this statement, and how does it relate to the portrayal of intimacy in pornographic content?

Explanation Video: Human sexuality: a gift from God

Discussion Questions:

- What stood out to you from the video?
- How do gifts reflect the dynamics of relationships, and why can they sometimes be complicated?
- In what ways does gift giving demonstrate love and consideration between individuals?
- The video mentions humans are created in the image and likeness of God. How does this relate to our capacity to give and receive love in relationships?
- What do you think it means for marriage to be elevated to the level of a sacrament, and how does it differ from a natural institution? How do you think this impacts our understanding of spousal love and relationships?
- Jesus emphasized the importance of purity not only in actions but also in thoughts and intentions. How do you think this relates to the concept of chastity?
- The video discusses the purpose of human sexuality within the context of marriage. How does this perspective challenge societal norms or cultural views on sexuality? How does it challenge your own views on sexuality?
- Can you identify any societal influences you've experienced that conflict with the Catholic perspective on human sexuality and chastity? How do you navigate these influences in your own life?
- How does modesty and purity of heart contribute to our understanding and practice of chastity? How can we cultivate these virtues in our daily lives?

Connection Video: Practical Advice for Growing in Chastity as an Adult?

Discussion Questions:

- What was something that struck you in the video?
- How does the Catechism define chastity, and why do you think it is described as an “apprenticeship in self-mastery”?
- The video mentions that chastity involves successful integration of sexuality within the person. What do you think this integration looks like in daily life?
- How does the concept of self-knowledge contribute to the practice of chastity, and how can individuals cultivate self-awareness in this regard?
- Lust is identified as the primary obstacle to chastity in the video. How would you differentiate between healthy desires and disordered desires?
- The video emphasizes the importance of resisting temptation and practicing self-discipline. Can you share any strategies or experiences related to resisting sexual temptation in daily life?
- The video suggests the importance of accountability in the journey of growing in chastity. How do you think accountability can support individuals in their pursuit of chastity?
- What challenges have stopped you from allowing others to help you in your pursuit of chastity?
- How does prayer play a role in the practice of chastity, and how can individuals deepen their prayer life to support their journey?
- The video discusses the ultimate goal of experiencing true happiness and love in relationships through chastity. How do you envision this fulfillment in your own life, and what steps are you taking to pursue it?

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.