

# Real+True

PILLAR IV

UNIT 38 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 four and the paragraphs of the *Catechism* they cover are:

- UNIT 37** Prayer is a personal relationship. (2558-2567)
- UNIT 38** Prayer as covenant relationship and 5 ways of prayer (2568-2649)
- UNIT 39** The wellsprings of prayer (2650-2696)
- UNIT 40** Prayer is a daily walk with Jesus. (2697- 2758)
- UNIT 41** Jesus teaches us to pray: “Our Father” (2759-2806)
- UNIT 42** Prayer in the name of Jesus. (2807-2815)
- UNIT 43** Prayer invites God’s kingdom. (2816-2821)
- UNIT 44** God’s will in our lives. (2822- 2827)
- UNIT 45** Praying to God for our needs. (2828-2837)
- UNIT 46** Prayer, mercy, forgiveness. (2838-2845)
- UNIT 47** Battling temptation, sin, and evil through prayer. (2846-2854)
- UNIT 48** The Our Father, a summary of the Good News. Amen. (2855-2865)

## 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 38: PRAYER AS COVENANT RELATIONSHIP AND 5 WAYS OF PRAYER | CCC 2568-2649

THESIS: GOD GRADUALLY REVEALED HIS INVITATION TO A COVENANT RELATIONSHIP, AND WE ENTER THIS COVENANT RELATIONSHIP THROUGH PRAYER

### Proclamation Video: What C.S. Lewis & J.R.R. Tolkien teach us about true friendship

#### Discussion Questions:

- What did you find particularly striking in the video?
- What role do friendships play in shaping our beliefs, values, and creative pursuits? Do you have a friend that has influenced you in this way?
- How do you handle constructive criticism from friends? Have you had a friend who helped you see things from a different perspective, even if you didn't initially agree with them?
- C.S. Lewis and J.R.R. Tolkien's friendship brought out the best in each other. How can we foster friendships that help us grow?
- C.S. Lewis describes friendship as something that gives "value to survival." How do you interpret this idea? What are the qualities of friendships that add meaning and value to your life?
- In what ways can faith-filled friendships help us discover our purpose or deepen our relationship with God?
- Lewis and Tolkien's friendship led to their greatest works. How might the people in our lives push us toward fulfilling our potential in ways we might not see ourselves?
- How can we be more intentional about cultivating friendships that inspire us spiritually, emotionally, and intellectually?

### Explanation Video: God's Invitation to a Deeper Relationship Through Prayer

#### Discussion Questions:

- What stood out to you from the video?
- How do you view prayer as a part of your personal relationship with God? In what ways has your understanding of prayer as a conversation with God changed over time?
- The story of Moses and the burning bush transformed Moses' life and mission. Has there been a moment in your life when an encounter with God radically shifted your perspective or purpose in life?
- The catechism calls prayer a "covenant relationship" with God. How does this change your understanding of prayer?
- Jesus' prayer shows absolute trust in the Father, even in difficult moments. How do you approach prayer during times of hardship or uncertainty?
- Which of the five ways of prayer (blessing, petition, intercession, thanksgiving, and praise) resonates most and least with you in your current faith journey? Why?
- Intercessory prayer allows us to pray on behalf of others. How can we make intercession a regular and meaningful part of our prayer life?
- The prayer of thanksgiving acknowledges God's goodness in all things. How can practicing gratitude through prayer transform our outlook on life?
- What does it mean to offer prayers of praise to God simply for who He is, rather than what He does for us? How can we cultivate a heart of praise in both happy and challenging times?

## Connection Video: Unlocking the Psalms: How to Pray like Jesus

### **Discussion Questions:**

- What was something that struck you in the video?
- How do you think praying with the Psalms can deepen your relationship with God, especially knowing that Jesus Himself knew these scriptures?
- The Psalms express a wide range of human emotions. How do you think being honest with God in prayer can help you process your own joys and struggles in faith?
- In the Psalms, we see examples of blessing, petition, intercession, thanksgiving, and praise. Which of these types of prayer feels most natural to you, and which feels the most challenging? Why?
- The Psalms are often used in the Liturgy of the Hours and throughout Mass. How does hearing the Psalms in communal worship shape the way you think about prayer?
- Jesus quoted the Psalms during His most difficult moments, including His suffering on the cross. How can we turn to the Psalms in our own moments of pain or confusion?
- Do you see prayer as a conversation with God, like the psalmists do? How might using the Psalms as a guide help you become more comfortable speaking to God?
- Imagine journaling your own prayers, similar to how the psalmists recorded theirs. How could this practice bring you closer to God and help you reflect on your spiritual journey?
- The Psalms are called a “school of prayer.” How can you incorporate the Psalms into your daily routine to help you grow in your understanding and experience of prayer and God’s heart?

# 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.