

# Real+True

PILLAR IV

UNIT 39 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.

# Real+True

## UNIT 39: THE WELLSPRINGS OF PRAYER | CCC 2650-2696

THESIS: THE GIFT OF PRAYER FINDS ITS WELLSPRINGS  
IN THE HOLY SPIRIT AND THE CHURCH.

### Proclamation Video: Copying vs. Creating: How Tradition Shapes Originality

#### Discussion Questions:

- What did you find particularly striking in the video?
- In your own life, whether in music, art, or prayer, how do you balance originality with inspiration from others? Do you feel pressure to be original?
- How do you define the line between borrowing from tradition and creating something new? Do you think it's possible to create something entirely original?
- Think about the music, art, or ideas that inspire you. How do these influences shape your creative or spiritual life? Are you conscious of their impact?
- How does being aware of past traditions and influences make you more creative or help you grow? Can you think of ways this has played out in your spiritual life?
- If art and music are both ways of expressing our deepest emotions, how might being influenced by others help deepen our personal life or other areas like our spiritual lives and our life of prayer?
- How do you think understanding and studying your own influences can help you find your own voice, whether creatively or spiritually?

### Explanation Video: Meeting Jesus in Prayer: Guided by the Holy Spirit and the Church

#### Discussion Questions:

- What stood out to you from the video?
- In the story of the Samaritan woman, Jesus meets her at a well in an unexpected way. Where in your everyday life do you think you could encounter Jesus unexpectedly?
- We all have “thirsts” or desires in our lives. What do you feel you are thirsting for right now, and how might God satisfy that thirst?
- Wells in Scripture symbolize God’s provision. What are the “wells” in your life that help you stay spiritually nourished, and how can you deepen your connection to them?
- Jesus speaks of giving “living water” that will satisfy eternally. How do you think this living water, or the Holy Spirit, can be nurtured in your own prayer life?
- How can we cultivate “wells” of prayer in our homes and daily routines, and how might these spaces help us encounter God more intentionally?
- Prayer is both personal and communal. How does the idea of praying with the entire Body of Christ, both on earth and in heaven, change the way you think about prayer?
- How can we be more honest and open with Jesus in prayer, bringing to Him our desires, needs, and challenges like the Samaritan woman did?
- The Catechism describes the Liturgy, Scripture, and Sacraments as “wellsprings” of prayer. How can you make these more central in your spiritual life to grow a deeper relationship with God?

## Connection Video: The Catechism's Guide to Prayer led by the Holy Spirit

### **Discussion Questions:**

- What was something that struck you in the video?
- The script compares prayer to navigating a river. How do you see your own prayer life? Are you more of a passive passenger or actively engaged and cooperating with God?
- The Holy Spirit moves in ways we can't control. How do you stay open to God's movement in prayer, even when it feels unpredictable or out of your control?
- How do you prepare yourself for prayer? What are some ways you could be more intentional about showing up for prayer regularly?
- The script mentions using "wellsprings" like Scripture, the Liturgy, and the catechism to grow in prayer. Which of these sources do you find most helpful in your spiritual life, and why?
- The script warns against two extremes in prayer: believing it's all up to you or all up to God. Where do you find yourself on that spectrum, and how might you find a healthy balance?
- How can studying Scripture or practicing methods like Lectio Divina help you engage more deeply in prayer with God?
- Journaling and reflecting on your prayer life is one way to internalize your spiritual experiences. How could journaling help you become more aware of the ways the Holy Spirit is moving in your life throughout the weeks, months, or years?

# 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.