

Real+True

PILLAR IV

UNIT 40 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 40: PRAYER IS A DAILY WALK WITH JESUS. | CCC 2697-2758

THESIS: PRAYER IS THE LIFE OF THE NEW HEART WALKING DAILY WITH JESUS.

Proclamation Video: Why Small Actions Matter: The Transformative Power of Showing Up

Discussion Questions:

- What did you find particularly striking in the video?
- Reflect on a small, consistent action someone has done for you that made a big impact. How did it affect you, and why do you think it was so powerful?
- In what ways can small acts of kindness or encouragement change someone's life? Have you experienced this yourself, either as the giver or receiver?
- How might showing up in small ways regularly be more impactful than one grand gesture? Can you think of an example from your life where this was true?
- Sonya Carson's words of encouragement played a significant role in her son's success. How can we use our words in little moments to uplift others consistently, and what difference do you think this could make?
- In our spiritual lives, how could small, daily actions like prayer or acts of faith add up over time? Do you find it easy or difficult to be consistent with these practices?
- Think about your relationship with God. How might small, daily moments with Him build a foundation for a deeper connection over time?
- How do you balance the desire to make a big impact with the reality that small, consistent actions are often more powerful? What keeps you motivated to show up in small ways?
- John Wooden emphasized consistency in daily habits. How can we apply this approach to our own lives, particularly in our faith and relationships?

Explanation Video: How to Follow Jesus' Example of Daily Prayer

Discussion Questions:

- What stood out to you from the video?
- Jesus made time for prayer even during His busiest days. How does this inspire you to prioritize prayer in your own life, even when you're busy?
- In what ways does having a rhythm or routine of prayer help you stay connected with God? How can you strengthen your prayer routine?
- The script mentions creating a "sacred place" for prayer, like Jesus did when He went to a desolate place. Where could you carve out space for prayer in your own life?
- How does having set times for prayer change the way you approach your relationship with God, compared to spontaneous prayer?
- Vocal, meditative, and contemplative prayer are described as expressions of our relationship with God. Which of these do you feel most connected to, and why?
- Contemplative prayer is compared to simply "being" with someone you love. How do you think you could have more opportunities for this type of prayerful presence with God?
- Think about the difference between the "content" of prayer (petition, praise, etc.) and the "expressions" of prayer (vocal, meditative, contemplative). How can understanding this difference deepen your prayer life?
- Jesus invites us into a "daily life of the new heart." How has prayer transformed your heart or your view of your relationship with God over time?

Connection Video: How to Create a Quiet Place to Pray Every Day

Discussion Questions:

- What was something that struck you in the video?
- In a world full of distractions, what does silence mean to you? Do you find it easy or challenging to carve out quiet time in your life?
- Jesus often sought out quiet, solitary places to pray. How can you create similar “desert” spaces in your daily routine to focus on your relationship with God?
- The video compares setting up a sacred space at home to creating a personal monastery. What would this look like for you, and how could it impact your prayer life?
- How do you feel after spending intentional time in silence or solitude? How could regular quiet time improve both your mental and spiritual well-being?
- Vocal, meditative, and contemplative prayer each offer different ways to connect with God. Which expression of prayer do you feel most drawn to, and why?
- In what ways could making time for regular quiet prayer help you better hear God’s voice or sense His presence in your life?
- Contemplative prayer is described as a gift from God, one that we can’t force. How do you feel about this kind of silent love? Have you experienced a similar moment in your relationship with God?
- If you tried a daily practice of quiet prayer for 14 days, as suggested, what changes would you hope to see in your heart or spiritual life?

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.