

Real+True

PILLAR IV

UNIT 41 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 41: JESUS TEACHES US TO PRAY: “OUR FATHER” | CCC 2759-2806

THESIS: JESUS TEACHES US TO PRAY “OUR FATHER” BY REVEALING THE LORD’S PRAYER.

Proclamation Video: Why Family Traditions Matter

Discussion Questions:

- What did you find particularly striking in the video?
- Family traditions are sometimes small but still meaningful. Are there any traditions in your family that connect you to your loved ones or your heritage? Why are these traditions important to you?
- Think about a time when you felt connected to something “bigger than yourself.” What role did community, faith, or tradition play in that experience?
- What role do you think you play in the “great story” of God inviting everyone into His family?
- Jesus taught us the Lord’s Prayer as a way for us to pray. Why do you think this prayer has been so central to the Christian faith for centuries? How can this help you grow closer to God today?
- Just as families pass down skills, names, and stories, the Church passes down prayers, teachings, and traditions. How can you embrace or pass on these spiritual “family heirlooms” to others?
- Are there traditions in your life—like music, stories, or shared rituals—that connect you to your faith or your family? How can these be used to strengthen your relationship with God and the Church?
- In the video, rituals like the haka, the Shema, or family chants are described as ways of remembering a shared story. How can prayer and traditions in the Church help us remember our identity as God’s people?
- The Lord’s Prayer is a prayer that connects generations of Christians. How does praying this prayer make you feel connected to God’s family, the Church?

Explanation Video: The Lord’s Prayer: Learning to Call God ‘Our Father’

Discussion Questions:

- What stood out to you from the video?
- The Lord’s Prayer begins with “Our Father,” not “My Father.” How does praying the words “our Father” change the way you think about your relationship with God and others in the Church?
- Calling God “Father” is bold, highlighted by the words “We dare to say...” spoken by the Priest during Mass. What does this reveal about the trust and intimacy Jesus invites us into when we pray?
- The video describes the Lord’s Prayer as a “summary of the Gospel” and “the Gospel in miniature.” Why do you think the Lord’s prayer is described this way?
- Jesus taught the Lord’s Prayer to His disciples as a model for how to pray. How can using the Lord’s Prayer help you approach God with both reverence and confidence?
- The first three petitions focus on God’s name, kingdom, and will. Why do you think Jesus wants us to focus on these before turning to our own needs?
- The last four petitions address daily needs, forgiveness, protection, and deliverance from evil. Which of these speaks most to you right now, and why?

- The video highlights the role of the Lord's Prayer in early Christian communities, as well as today in the Mass and sacraments. How does this continuity make you feel connected to the Church across time and space?
- Jesus opens a "window" into His own relationship with the Father through the Lord's Prayer. How can praying this prayer deepen your relationship with God and help you see Him as a loving Father?

Connection Video: How to Pray the Lord's Prayer from the Heart

Discussion Questions:

- What was something that struck you in the video?
- The video explains that our memory is "made to remember the things of God." How does memorizing prayers like the Lord's Prayer help you connect with God more deeply?
- Have you ever prayed the Lord's Prayer slowly while reflecting on its meaning? Which line or petition stands out to you the most, and why?
- St. Teresa of Ávila spent an hour praying just the first line of the Our Father. How might slowing down and meditating on each word of a prayer change the way you pray and your understanding of that prayer?
- The video suggests creating visual reminders and connections to prayers, like posters in your home. How could adding these to your daily environment change your relationship with prayer?
- When Jesus teaches us to say "Our Father," He reveals an invitation into a relationship with God. What does it mean to you to call God "Our Father" today in prayer? How does this change the way you see Him?
- The catechism says the Lord's Prayer "reveals us to ourselves" as it reveals the Father to us. How does praying the Lord's Prayer help you better understand yourself, your needs, or your relationship with God?
- The video encourages reflecting on personal experiences connected to each line of the Our Father. How could attaching personal meaning or stories to this prayer make it more impactful for you?

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.