

# Real+True

PILLAR IV

UNIT 45 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 45: PRAYING TO GOD FOR OUR NEEDS. | CCC 2828-2837

THESIS: WE'RE INVITED TO TURN TO GOD IN PRAYER FOR ALL OUR NEEDS.  
(GIVE US THIS DAY OUR DAILY BREAD)

### Proclamation Video: What Do Humans Really Need to Survive? (It's More Than You Think)

#### Discussion Questions:

- What did you find particularly striking in the video?
- The video challenges the idea that physical needs like food, water, and shelter are all that's required for human flourishing. What other needs do you recognize in your own life that go beyond mere survival?
- Maslow's hierarchy of needs highlights the importance of love, belonging, and esteem. How have relationships and community played a role in your own personal growth?
- Maslow eventually recognized a deeper "spiritual need" beyond self-actualization. How do you see the role of faith and spiritual experiences as essential for true human flourishing?
- The video argues that meeting basic needs isn't enough for a fulfilled life. How does your relationship with God impact your understanding of what it means to truly live, not just survive?
- The story of Angus Barbieri surviving without food for a year is remarkable. Can spiritual needs be postponed or ignored in the same way?
- In today's world, it's easy to focus only on material success or physical needs. How can we make sure we're also tending to our emotional, communal, and spiritual needs each day?
- Maslow observed that peak experiences often involved awe, wonder, and spirituality. When have you experienced a moment that lifted you beyond daily survival and helped you glimpse something greater?
- The video ends with the question: "What do you really need to not just survive, but flourish?" How would you answer that for your own life right now?

### Explanation Video: Why "Daily Bread" is about more than physical needs

#### Discussion Questions:

- What stood out to you from the video?
- The video points out that Jesus truly experienced human hunger and temptation. How does knowing that Jesus felt human needs and struggles like ours affect the way you relate to Him in prayer?
- In the Lord's Prayer, Jesus teaches us to pray "give us this day our daily bread." What does "daily bread" mean for you personally—both physically and spiritually?
- The Catechism says praying "give us" shows the trust of children in a loving Father. How easy or difficult is it for you to trust God to provide for your needs? Why?
- Jesus said, "Man does not live on bread alone." When have you realized that material things couldn't satisfy you, and you needed something deeper from God?
- The video highlights the Eucharist as our true daily bread. How has receiving the Eucharist shaped or nourished your life?
- We often pray for our needs, but Jesus teaches us to pray for our needs in solidarity with others. How might thinking about the needs of others change the way you pray this petition?

- The video mentions that we hunger for many things like justice, peace, and deeper communion with God. What are you hungering for most in your life right now?
- The idea of “super-essential” bread points to the Eucharist and the deep spiritual nourishment God offers. How can you become more aware of and grateful for the ways God is already feeding your soul today?

## Connection Video: “Lord, Hear Our Prayer”: Why We Pray for Others at Mass

### **Discussion Questions:**

- What was something that struck you from the video?
- The video explains that when we pray “give us this day our daily bread,” we’re praying not just for ourselves but for others too. How does thinking of prayer as an act of solidarity with others change the way you approach prayer?
- The Prayers of the Faithful at Mass are a renewal of an ancient practice. Why do you think it’s important for the Church to preserve certain traditions in the liturgy? How do they shape our relationship with God today?
- In your own experience, how easy or hard is it to bring the needs of others into your personal prayer life? What could help you grow in this area?
- The video describes how praying for others can lead to actions of charity. Can you think of a time when praying for someone led you to take action?
- Bread is a recurring symbol throughout Scripture and the Mass. What does the image of “bread” mean to you when you think about your physical, emotional, and spiritual needs?
- The video challenges us to be attentive during the Prayers of the Faithful. How can paying closer attention during Mass, especially in this moment, deepen your connection to the Church and the Liturgy?
- The Pope’s monthly prayer intentions are mentioned as a way to pray in unity with the Church. How might regularly praying these intentions expand your view of being part of a global, universal Church?
- The video suggests that asking for daily bread reminds us of God’s faithfulness and care. How have you seen God provide for your needs — or the needs of others — in unexpected ways?

# 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.