

Real+True

PILLAR III

UNIT 33 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 three and the paragraphs of the *Catechism* they cover are:

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| UNIT 25 | The Vocation to Beatitude and Dignity of the Human Person (1699-1729) |
| UNIT 26 | Freedom, morality, and conscience (1730-1802) |
| UNIT 27 | Sin, Virtues, and The Human Community (1803-1948) |
| UNIT 28 | Salvation: Sin, Law, and Grace (1949-2051) |
| UNIT 29 | The Commandments (2052-2082) |
| UNIT 30 | The Beatitudes (1716-1729) |
| UNIT 31 | Commandments 1-3 (2083-2195) |
| UNIT 32 | Commandment 4 (2196-2257) |
| UNIT 33 | Commandment 5 (2258-2330) |
| UNIT 34 | Commandment 6 and 9 (2331-2400, 2514-2533) |
| UNIT 35 | Commandment 7 and 10 (2401-2463, 2534-2557) |
| UNIT 36 | Commandment 8 (2464-2513) |

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 33: COMMANDMENT 5 | CCC 2258-2330

THESIS: ALL HUMAN LIFE IS SACRED AND SHOULD BE PROTECTED
OUT OF REVERENCE FOR GOD WHO MADE US IN HIS IMAGE.

Proclamation Video: What makes human life unique?

Discussion Questions:

- What did you find particularly striking in the video?
- Reflect on the uniqueness of human life compared to other creatures. What aspects of being human do you find most remarkable?
- How do you think self-awareness shapes our understanding of ourselves and our place in the world?
- What does it mean to recognize each person as a unique and unrepeatable creation of God? How does this perspective influence how we view and treat others?
- Explore the idea of personhood and dignity beyond physical characteristics. How do we honor the dignity of every human being in our daily lives?
- How does the belief in a divine spark or soul impact your understanding of what it means to be human?
- How can we actively promote a culture that respects and upholds human dignity in all aspects of life?

Explanation Video: What the Catechism says about respect for human life

Discussion Questions:

- What stood out to you from the video?
- We are created in the image and likeness of God. How does this shape your appreciation for human life?
- Reflect on the idea that human life is sacred from the moment of conception until natural death. How does this belief influence your perspective on issues such as abortion, euthanasia, and suicide?
- The catechism mentions many ways we can respect the dignity of the human person by protecting others from harm. How can we advocate for ethical research practices while still advancing scientific knowledge?
- Consider the story of Cain and Abel and being “my brother’s keeper”. How does this story relate to our responsibility to protect and care for one another?
- How can we strive to avoid scandal and leading others to sin?
- How can we reconcile the need to protect ourselves or others with the call to respect human life?
- How can promoting a culture of life contribute to building a more just and compassionate society?
- Reflect on times when you may have hurt others, whether intentionally or unintentionally. How can we learn from our mistakes and strive to choose love and reconciliation instead of anger or violence?
- Imagine a world where everyone believes all human life is sacred and should be protected out of reverence for God who made us in His image. How can we work towards creating such a world in our communities and beyond? What would a society like this look like?

Connection Video: When should you fight for your life?

Discussion Questions:

- What was something that struck you in the video?
- In what ways do you see the tension between defending oneself and the commandment not to kill played out in today's society?
- What are some practical ways we can apply the principle of protecting life, even in situations of conflict or danger?
- How does the idea of de-escalation resonate with Jesus' teachings on forgiveness and mercy?
- Reflect on a time when you felt challenged to choose between self-defense and non-violence. What guided your decision-making process?
- Discuss the significance of Jesus rebuking Peter for using a sword during his arrest. What does God want to teach us through this moment?
- Explore the idea of laying down one's life as a martyr. What does it mean to you to live out this radical form of love?
- How can we find the balance between advocating for justice and resorting to retaliation?
- In what ways does our faith call us to challenge societal norms and promote a culture of life in all circumstances?

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.