

Real+True

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
- The Celebration of the Christian Mystery
- Life in Christ
- Christian Prayer

Each pillar is divided into 12 units. In total, this series will include 48 units that will cover the entire Catechism of the Catholic Church (CCC). Every month, starting in September of 2021, a new unit will be published, beginning with the first pillar, The Profession of Faith.

The twelve units for pillar one and the paragraphs of the catechism they cover are:

UNIT 01	CCC 1-25	Life and the Catechism
UNIT 02	CCC 26-49	Man's Capacity for God
UNIT 03	CCC 50-141	God Comes to Meet Man
UNIT 04	CCC 142-184	Man's Response to God
UNIT 05	CCC 185-231	I Believe in God
UNIT 06	CCC 232-421	The Father Almighty
UNIT 07	CCC 422-682	Jesus Christ
UNIT 08	CCC 683-747	The Holy Spirit
UNIT 09	CCC 748-945, 963-975	The Holy Catholic Church
UNIT 10	CCC 946-962	The Communion of Saints
UNIT 11	CCC 976-987	The Forgiveness of Sins
UNIT 12	CCC 988-1065	Resurrection of the Body & Life Everlasting

EACH UNIT THEN CONSISTS OF FOUR VIDEOS:

PROCLAMATION

EXPLANATION

CONNECTION

PODCAST

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 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 third video is meant to be a real-life application of the passage from the Catechism. The tone of this video is often playful, and it is meant to connect with the audience on a more practical level that is relevant to their lives.

Podcast

The podcast accompanies each unit as further discussion and application of the passage from the Catechism. In it, the team talks openly about the approach and hopes for the unit, as well as how it is impacting us and our community personally. It's available in video and audio format. The podcast target audience includes catechists, evangelists, and missionary disciples who may use Real + True videos in their ministry — parish settings, schools, apostolates, families, and communities.

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EUCCHARISTIC REVIVAL:

THE EUCHARIST IS SACRIFICE AND COMMUNION.

Proclamation Video: What does 'sacrifice' really mean?

Discussion Questions:

- What caught your attention in the video? What stood out to you?
- What would you have done if you were in St. Maximilian's situation? Do you think you would be able to sacrifice your life for someone else, under any circumstance?
- When you think of the word 'sacrifice,' what comes to mind?
- What parallels did you notice between Jesus and the passover lamb?
- How does God's sacrifice for humanity change the way you think about the word sacrifice?
- If God is willing to sacrifice himself for our sins, what does that mean about our value and worth?
- What is a new insight that has deepened your understanding of Jesus?

Explanation Video: The Eucharist as Sacrifice and Communion

Discussion Questions:

- What caught your attention in the video? What stood out to you?
- What's the best meal you've ever eaten? What was that experience like?
- Have you ever wondered where you can experience God? For what reasons would you want to experience God?
- Why do you think it was so important for Jesus to tell us he would be with us always?
- In what ways have you personally experienced Jesus?
- Through the Mass, we are able to experience the Last Supper with Jesus and receive his Body and Blood, Soul and Divinity. What impact does this have on your life? How does this change how you view your faith?
- What would it mean for your life if Jesus was living in you, as St. Paul describes?

Connection Video: How silence can change your life.

Discussion Questions:

- What caught your attention in the video? What stood out to you?
- Have you ever had a profound experience of silence? What was it like?
- In what ways do you think silence and stillness can be good for us?
- Have you ever experienced Eucharistic Adoration? What was it like?
- If the hand, the head, and the heart represent three main areas of living, which is the most busy for you in your day to day and why?
- How might we incorporate Eucharistic Adoration into our weekly or monthly life, and what benefits might this have?

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.