

# Real+True

PILLAR II

UNIT 17 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 two and the paragraphs of the catechism they cover are:

<b>UNIT 13</b>	Liturgy	1066-1112 1135-1209
<b>UNIT 14</b>	Sacraments	113-1134 1210-1211
<b>UNIT 15</b>	Baptism	1213-1284
<b>UNIT 16</b>	Confirmation	1285-1321
<b>UNIT 17</b>	Eucharist	1322-1344
<b>UNIT 18</b>	Mass	1345-1419
<b>UNIT 19</b>	Confession	1420-1498
<b>UNIT 20</b>	Anointing of the Sick	1499-1532
<b>UNIT 21</b>	Holy Orders	1533-1600
<b>UNIT 22</b>	Marriage	1601-1666
<b>UNIT 23</b>	Sacramentals	1667-1679
<b>UNIT 24</b>	Funerals	1680-1690

## 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 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.

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## UNIT 17: THE EUCHARIST | CCC 1322-1344

THESIS: JESUS GIVES US HIMSELF IN THE SACRAMENT OF THE EUCHARIST.

### Proclamation Video: How the Eucharist is “food for the journey”

#### **Discussion Questions:**

- What stood out to you from the video?
- How are MREs designed to meet the nutritional needs of soldiers in the field, and how are they different from “regular” meals?
- How does the concept of a Meal, Ready-to-Eat (MRE) serve as an analogy for the Christian spiritual life?
- In what ways do MREs serve as a reminder of our dependence on God for our spiritual sustenance?
- How did the manna provide for the physical needs of the Israelites during their journey through the desert?
- What do you think about “food” you need for your own spiritual journey?

### Explanation Video: How God is with us in the Eucharist

#### **Discussion Questions:**

- What stood out to you from the video?
- Have you ever wondered if God is really with us, and if so how? What do you think now?
- How does receiving the Eucharist affect a person’s spiritual life?
- How do we understand the relationship between the Eucharist and the Real Presence of Jesus?
- In what way is it accurate to say that the Eucharist is the source and summit of the Christian life?
- How does the Eucharist complete our initiation into the Church?

### Connection Video 1: Who is worthy to receive the Eucharist?

#### **Discussion Questions:**

- What stood out to you from the video?
- What does it mean to be “worthy” to receive the Eucharist?
- How does one determine if they are worthy to receive the Eucharist?
- What is the role of confession and repentance in relation to being worthy to receive the Eucharist?
- How does the Catholic Church’s teaching on the Eucharist relate to the idea of worthiness?
- How does the idea of worthiness relate to the concept of grace and forgiveness in the Catholic faith?
- How does one reconcile feelings of unworthiness with the belief that the Eucharist is a gift from God?

### Connection Video 2: Is Jesus really present in the Eucharist?

#### **Discussion Questions:**

- Can you explain the belief in the Real Presence of Jesus Christ in the Eucharist?
- How does the Catholic Church understand the relationship between the bread and wine used in the Eucharist and the Body and Blood of Jesus?
- How does the Catholic Church teach that the Eucharist is not just a symbol of Jesus’ presence, but his actual presence?
- Can you discuss the role of the priest and the consecration of the bread and wine in the Eucharist?
- How does the Real Presence of Jesus in the Eucharist relate to the sacrifice of Jesus on the cross? The Last Supper?
- How does the Real Presence of Jesus in the Eucharist connect Catholics to the historical roots of their faith?
- How does the Real Presence of Jesus in the Eucharist affect a person’s 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](https://realtrue.org) for more videos and resources.