

Real+True

PILLAR II

UNIT 19 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:

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

THESIS: GOD OFFERS US RESTORED LIFE THROUGH CONFESSION WHEN IT IS WEAKENED OR LOST BY SIN.

Proclamation Video: Where does guilt come from?

Discussion Questions:

- What did you find particularly striking in the video?
- How do you personally experience shame or guilt in your life?
- How do you see shame and guilt affecting people around you?
- What is the difference between shame and guilt?
- What role do you think shame and guilt play in our spiritual lives?
- In what ways do shame and guilt play a positive role in our spiritual lives?
- How can we support each other in our struggles with shame or guilt?
- What do you think is the connection between shame, guilt, and forgiveness?
- How can we apply what we learned from this video to our daily lives and relationships?

Explanation Video: How are sins forgiven through the Sacrament of reconciliation?

Discussion Questions:

- What part or parts of the video stood out to you?
- How does the Sacrament of Reconciliation help us to grow closer to God?
- What are some common misconceptions about the Sacrament of Reconciliation?
- What is the role of the priest in the Sacrament of Reconciliation?
- How has the Sacrament of Reconciliation impacted your spiritual life?
- What are some challenges you have faced in participating in the Sacrament of Reconciliation or going to receive the sacrament more often?

Connection Video 1: How to prepare for a good Confession

Discussion Questions:

- What did you find particularly striking in the video?
- What do you normally do to prepare for the Sacrament of Reconciliation?
- To receive the Sacrament of Reconciliation, we must confess our sins, have a firm commitment to avoid sin in the future, and we must do our penance. How would preparing for the sacrament in the way the video describes help us make a valid confession?
- The video talks about the importance of having contrition and a desire to change one's behavior. How can prayer help us experience this with the help of the Holy Spirit?
- Where can we go to inform our conscience about what is a sin and where we have fallen short of what God is calling us to?

Connection Video 2: Do I really need to confess my sins to a priest?

Discussion Questions:

- What part or parts of the video stood out to you ?
- What for you is difficult about going to the Sacrament of Reconciliation?
- After watching this video, how would you explain the Sacrament of Reconciliation to a friend who said they don't need to confess their sins to a priest?
- The video explains that priests are bound by the seal of confession and cannot share or even act on what they hear in Confession. Why do you think this is so important for the Sacrament of Reconciliation?
- One of the reasons given for confessing to a priest is that Jesus provides us with a more tangible experience of God's forgiveness. Do you agree with this? Why or why not?
- How can the Sacrament of Reconciliation help you to cultivate humility and vulnerability in your 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 for more videos and resources.