

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:

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|----------------|----------------------|---|
| 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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GUIDE — UNIT 08

THE HOLY SPIRIT IS THE LORD AND GIVER OF LIFE. CATECHISM PARAGRAPHS 683-747

Proclamation Video: The Power of Breath

Discussion Questions:

- What caught your attention in the video? What stood out to you?
- Have you ever been in a situation where you realized how important breathing was?
- Do you believe that your breath is sacred, or special to you in some way?
- If the breath can impact so many things about our lives, what implications does this have for the Holy Spirit being called the breath of God?
- Why do you think the same word in Greek is used to describe breath and spirit?
- If Jesus is true God and true man, what does it mean for history and humanity that God became man?

Explanation Video: Who is the Holy Spirit?

Discussion Questions:

- What caught your attention in the video? What stood out to you?
- After Jesus rose from the dead he said to the disciples “it is better” that he goes, so he could send the Holy Spirit. How do you think the disciples felt when they heard this?
- When you’ve thought about the Holy Spirit in the past, what has come to mind? How did you picture the Holy Spirit?
- Why do you think the Holy Spirit is Jesus’ greatest gift?
- The video spoke about the Holy Spirit who is the third person of the Trinity, and the “lovingness” between the Father and the Son. What does this mean for us, who have received this Holy Spirit at Baptism?

Connection Video: What it means to be transformed by the Holy Spirit

Discussion Questions:

- What caught your attention in the video? What stood out to you?
- What are the similarities between the two firings of clay pots and baptism?
- What parallels can you draw with the Sacrament of Confirmation in the life of a christian and the second firing of the clay pots?
- The firing process is an intense process that changes the clay. Are there any challenging experiences you’ve had in your life that have changed you? How did you feel transformed as a result?
- What are the similarities and differences between the fire of a potter’s kiln and a forest fire?
- How is the Holy Spirit different or similar to the fire of the kiln?
- How is the Holy Spirit similar or dissimilar to a wild fire in a forest?
- What has changed in your understanding of the Holy Spirit as a result?

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.