

Just Teach Sheet - Week 1 for Seekers & Non-Catholics

Why Do People Pray?

Theme (August): Prayer & Relationship with God

Who it's for:

People curious about the Catholic Faith

Those who feel distant from religion

Adults in early stages of spiritual search

RCIA inquirers or friends of Catholics



Goal of This Week

To discover what Christian prayer is really about—**not reciting formulas**, but opening your life to a relationship with a living, personal God.



Opening Thought (start each session/day)

Take a moment of quiet.

Wherever you are, however you feel—you're welcome here.

God exists, He already knows you.

This week is about exploring what it might mean to speak—and listen—to Him.

Day 1 – What Is Prayer?

Reflection from the Bible – *Psalm 63:1*

“O God, You are my God, I seek You.
My soul thirsts for You like dry land needing water.”

What This Means:

You don’t have to be religious to feel a longing for something deeper.
Many people feel a hunger for peace, meaning, connection.
Christians call this desire a “thirst for God.”
Prayer is how we begin to respond to that thirst.

Try This:

Find a quiet place. Take a deep breath.
Say (aloud or silently):

“God, if You’ re real… I’ m open.”

No pressure. Just be honest.

Day 2 – Can Anyone Pray?

From Jesus (Matthew 6:6):

“When you pray, go into your room, shut the door, and speak to your Father who sees in secret.”

What This Means:

You don’t need to go to a church or use big words.
Jesus said to pray in private—not to show off, but to be real.
Prayer is for everyone, not just religious experts.

Try This:

Sit somewhere alone.

Speak to God honestly. You can whisper or think the words.
Try starting with:

“God, here’ s what I’ m going through…”

or

“God, I don’ t know if You’ re listening—but I’ m willing to try.”

Day 3 – What If I Don’ t Feel Anything?

Quiet Scripture – 1 Kings 19:11–12

“The Lord was not in the wind… nor the earthquake… nor the fire… but in a still, small voice.”

What This Means:

Prayer often feels silent. That doesn’t mean it isn’t working.
In the Bible, God speaks quietly—not with drama, but with gentleness.

Try This:

Set a timer for 2 minutes. Just sit.
You might want to say, “Here I am.”
Then say nothing. Just be still.

Don’t worry if your mind wanders. Just come back gently.

Day 4 – What Would I Say?

Psalm 142:2

“I pour out my troubles to the Lord. I tell Him everything.”

What This Means:

You don’t have to clean yourself up before talking to God.
Christian prayer welcomes every emotion—doubt, fear, anger, thanks, even silence.


Try This:

Write a short letter or message to God. You don’t have to show it to anyone.
Start with:

“God, this is what’ s really going on in my life…”

Be honest. That’s where real prayer starts.

Day 5 – Is God Reaching Out to Me?

 **John 4:10** – Jesus says:

“If you knew the gift God wants to give you...”

What This Means:

Christianity teaches that God is the one who *starts* the relationship. You don’t have to chase Him down—He’s already reaching toward you. Prayer is your way of reaching back.

Try This:

Say this in your own words:

“God, if You’ re offering something real... I want to know.”
Then spend 2 minutes in quiet.
Just be open. No expectations.

End of Week Reflection

Questions to think about or discuss (alone or with someone):

What surprised you about the idea of prayer this week?

Was there a moment that felt peaceful, awkward, or meaningful?

What are you still unsure about?

Do you want to try prayer again next week?

Is Prayer Just Talking to Myself?

Some people think so. But millions of people over thousands of years—including Jesus—have experienced prayer as something more.

If you’re curious... keep going.

If God is real, He’s not hiding. He’s waiting.