



Seeker Track – Just Teach Sheet

Week 3: Listening to God

August Theme: Prayer & Personal Relationship with God

Audience: Non-Catholics, Returning Catholics, or those exploring faith

Focus: God really does speak to people today — and He wants to speak to you. The Catholic Church has preserved His voice for 2,000 years through Scripture, Tradition, and living teaching.



Weekly Goal

By the end of this week, you will:

Understand that God has been speaking to humanity from the beginning — and still speaks now.

See how the Catholic Church offers a clear, trustworthy way to recognise God's voice.

Learn simple ways to begin listening to Him in your daily life.



What You'll Need

This sheet

A Bible (any translation will do, but a Catholic Bible is best)

A quiet place for prayer

A notebook or paper for thoughts and questions



Opening Prayer (Say daily)

Lord God,
I may not know You well yet,
but I believe You know me completely.
If You are speaking to me,
help me to hear and recognise Your voice.
Lead me into all truth. Amen.

Day 1 – God Knows Your Name

Teaching Script:

God is not an idea or a distant force. He is personal, and He knows you by name. He called people in every generation — and He is calling you now.

 **Isaiah 43:1** – “I have called you by name; you are mine.”

Reflection:

Listening to God starts with believing that He loves you enough to want to speak to you.

Catholic Insight:

Catholics believe God calls us into a relationship with Him, not just into following rules. But His rules (commandments) help us live in that relationship.

Action:

Take one minute of quiet today and say, “*Speak, Lord, I’m listening.*” Notice what thoughts, memories, or desires for good come to mind.

Day 2 – How God Speaks

Teaching Script:

God has many ways of speaking:

In the Bible


Through the life and teaching of Jesus Christ

In the voice of the Church He founded

Through prayer and the sacraments

In the beauty and order of creation

In the conscience — that inner voice calling us to good

 **Psalm 46:10** – “Be still, and know that I am God.”

Reflection:

If you only expect a loud voice from the sky, you might miss Him. Often His voice is gentle — but unmistakable once you recognise it.

Apologetics Note:

Without some guide, it’s easy to confuse our own feelings with God’s will. The Catholic Church protects us from error by giving us the Bible, Sacred Tradition, and the authority of the Magisterium (teaching office) — the same structure Christ gave the Apostles.

Action:

Read a short passage from the Gospels today — for example, Mark 4:35–41 (Jesus calms the storm). Ask yourself: “What does this tell me about Jesus?” “What might He be saying to me?”

Day 3 – The Bible as God’s Word

Teaching Script:

Catholics believe the Bible is inspired by the Holy Spirit. When you read it, God is speaking. But it’s not meant to be understood apart from the Church — the same Holy Spirit guides both.

 **2 Timothy 3:16** – “All Scripture is inspired by God...”

Reflection:

The Church chose which books are in the Bible in the 4th century, under the guidance of the Holy Spirit. That’s why Catholics trust the Church to explain it faithfully.

Apologetics Note:

Many Christians rely on “Scripture alone,” but that idea didn’t exist until the 1500s. For the first 1,500 years, Christians listened to God’s Word within the life of the Church — through the Mass, the sacraments, and the Apostles’ teaching handed down.

Action:

Find a Catholic Mass online or in person and listen carefully to the readings. Imagine God speaking directly to you through them.

Day 4 – Hearing God at Mass

Teaching Script:

At Mass, Scripture is read aloud, and Catholics believe Christ Himself is present in that proclamation. The Mass is the setting where God’s Word and God’s Sacrament meet — just like on the Road to Emmaus (Luke 24).

 **Hebrews 4:12** – “The word of God is living and active.”

Reflection:

If you’ve been away from church, you might find Mass feels unfamiliar — but God’s voice is still there, calling you home.

Apologetics Note:

Some say they can pray at home instead of going to Mass. Catholics believe prayer at home is essential, but Mass is irreplaceable because Christ commanded us to “Do this in memory of Me” (Luke 22:19) — and it is the fullest way He feeds us with His Word and His very self.

Action:

Attend one Mass this week. Arrive early. Ask God, “Show me one thing You want me to hear today.”



Day 5 - Listening and Following

Teaching Script:

It's possible to hear God and ignore Him — but that's not real listening. When God speaks, He calls us to act.



John 10:27 – “My sheep hear my voice... and they follow me.”

Reflection:

Jesus didn't say “hear me when convenient.” He said, “Follow Me.” That means trusting Him even when you don't fully understand.

Apologetics Note:

Some worry: “If I become Catholic, I'll lose my freedom.” But real freedom is the ability to choose the good. Listening to Christ through His Church doesn't trap you — it sets you free to live in truth.

Action:

Ask God in prayer: “What is one thing You want me to change or start doing?” Write it down and take one step towards it this week.



Weekend Wrap-Up

Reflect in writing or quiet prayer:

Where did I hear God's voice most clearly this week?

Was I surprised by anything I read or heard?

Do I want to hear more from Him — even if it changes my life?



Prayer Prompt / Journal Space

“Help me to follow You by...”



Apologetics Summary

God speaks today — especially through His Son, Jesus Christ.

The Catholic Church safeguards His voice through Scripture, Tradition, and the Magisterium.

Mass is the fullest encounter with God's Word and His presence.

Listening to God means acting on what you hear.



Optional CCC Reflection

CCC 2567 – “God calls man first... the living and true God tirelessly calls each person to this mysterious encounter of prayer.”

CCC 85 – “The task of authentically interpreting the Word of God... has been entrusted solely to the Magisterium of the Church.”