

Seeker Track – Just Teach Sheet

October Week 1

Theme: Saints & Holiness

Audience: Seekers, Non-Catholics, or Returning Catholics

Focus: Saints were ordinary people who followed Jesus with all their heart. The Catholic Church teaches that every person is called to be a saint.

Weekly Goal

To show that holiness is not unreachable. Saints were real people who struggled but trusted God. The Catholic Church exists to make saints — and God is calling you to holiness too.

What You'll Need

This sheet

A Bible

Notebook for questions or reflections


Opening Prayer (Daily)

Lord Jesus,
 Thank You for the saints who followed You faithfully.
 Help me to see that holiness is not far away,
 but Your invitation for me today.
 Lead me step by step toward the life You made me for.
 Amen.

Day 1 – Who Are the Saints?

Teaching:

Saints are not “Catholic superheroes.” They were real men and women, young and old, who chose to love God above all things.

 **Hebrews 12:1** – “We are surrounded by so great a cloud of witnesses.”

Reflection:

The saints are not far away. They are alive in Christ, cheering us on like older brothers and sisters.

Questions:

Had I thought of saints as real people before?

Which saint's story inspires me?

Day 2 – Saints Were Weak, Too

Teaching:

Saints were not perfect. They had sins and struggles, but they relied on God's grace.

Examples:

St. Peter denied Jesus three times.

St. Augustine lived a wild life before conversion.

 **2 Corinthians 12:9** – “My grace is sufficient for you, for My power is made perfect in weakness.”

Reflection:

If God could transform their lives, He can transform mine.

Questions:

Do I think my sins or past put sainthood out of reach?

Could God's mercy make me new, as He did with the saints?

Day 3 – How Did Saints Live?

Teaching:

The saints built their lives on prayer, the sacraments, and love of neighbour.

 **John 15:5** – “Apart from Me you can do nothing.”

Examples:

St. Francis gave up riches to follow Christ.

St. Carlo Acutis, a teenager, used the internet to point people to Jesus in the Eucharist.

Reflection:

Holiness is possible in every time and culture.

Questions:

Which part of a saint's life looks possible for me right now?

Do I desire that kind of closeness to God?

Day 4 – Saints Loved and Served Others

Teaching:

Holiness is shown by love. Saints gave their lives for others — sometimes in hidden ways.

 **1 John 4:19** – “We love because He first loved us.”

Examples:

St. Therese of Lisieux became holy through “little” acts of love.

Mother Teresa cared for the dying in Calcutta.

Reflection:

Holiness is not escape from the world but love in action.

Questions:


What “little way” could I love someone this week?


Do I see service as part of following Christ?

Day 5 – You Are Called to Be a Saint

Teaching:

The Catholic Church teaches that every person is called to holiness.

 **1 Thessalonians 4:3** – “This is the will of God, your sanctification.”

 **CCC 2013** – “All Christians in any state or walk of life are called to the fullness of Christian life and to the perfection of charity.”

Reflection:

Holiness is not far off. It is God’s plan for you.

Questions:

What holds me back from believing I can be holy?

Am I willing to take the first small step toward holiness?

Weekend Wrap-Up – Saints Point the Way

Saints are ordinary people transformed by grace.

They were not flawless, but they persevered.

Their holiness came from prayer, sacraments, and love.

Every person is called to be a saint.

Reflection:

If sainthood is the goal, am I willing to begin the journey?

Journal Prompts

“If God is calling me to holiness, then I want to...”

“The saint whose story most challenges me is...”

“The first step I could take is...”

Apologetics for Seekers

“Saints are just Catholic legends.”

→ Saints are real people, often historically documented. Their holiness shows what God’s grace can do.

“I’m too weak to be holy.”

→ So were the saints. God makes saints out of sinners who keep turning back to Him.

“Why do Catholics pray to saints?”

→ We don’t worship them. We ask them to pray for us, like asking a friend — except these friends are alive in heaven with Christ.

Catechism Extension

CCC 946–962 – Communion of Saints.

CCC 828 – Saints as models of holiness.

CCC 2013–2015 – Universal call to holiness.