

# Adult Track – Just Teach Sheet

## September Week 2

**Theme:** Faith & Belonging to the Church

**Audience:** Adults (newly returned, active parishioners, ongoing formation)

**Focus:** To rediscover that faith is not a private choice only, but a belonging: to Christ and to His Church, which is One, Holy, Catholic, and Apostolic.

---

## Weekly Goal

To deepen understanding that Christ founded the Catholic Church as His Body and Bride. Believing in Him means belonging to Her.

---

## What You'll Need

This sheet

Bible

10–15 minutes daily for reflection and prayer

---

## Opening Prayer (Daily)

Lord Jesus Christ,  
 You founded the Church as Your Body and Your Bride.  
 Teach me to love Her, to be faithful in worship,  
 and to live as a true Catholic disciple.  
 Amen.


---



## Day 1 – Christ Founded a Church, Not Just an Idea

### Teaching:

Christian faith is not “me and Jesus only.” From the start, Christ founded a visible Church, built on the apostles, with Peter as head.

 **Matthew 16:18–19** – “You are Peter, and on this rock I will build My Church... I will give you the keys of the kingdom.”

### Reflection:

The Catholic Church is not man-made; it is Christ's own work.  
 To belong to Christ is to belong to His Church.

**Questions:**

Do I sometimes slip into thinking faith is just personal?

How do I see Christ's authority at work through His Church?


---



## Day 2 - The Church is One

**Teaching:**

There are thousands of denominations. Only the Catholic Church remains visibly united under one faith, one baptism, and one visible head — the Pope.

 **Ephesians 4:4–5** – “There is one body and one Spirit... one Lord, one faith, one baptism.”

**Reflection:**

Unity is not accidental — it is Christ's will.

**Questions:**

What does it mean to me personally to belong to a Church of 1.3 billion Catholics worldwide?

How does this unity give me confidence in my faith?


---



## Day 3 - The Church is Holy

**Teaching:**

Yes, members of the Church sin. But the Church herself is holy because Christ is holy. Her holiness is expressed above all in the sacraments and in the saints.

 **Ephesians 5:25–27** – Christ “loved the Church and gave Himself up for her... that she might be holy and without blemish.”

**Reflection:**

Scandals wound us, but they do not define the Church. She remains holy because her soul is the Holy Spirit.

**Questions:**

Do I allow the failures of members to shake my faith in Christ's holy Church?

How do the saints show me the holiness of the Church?


---



## Day 4 - The Church is Catholic (Universal)

**Teaching:**

“Catholic” means universal. The Church is for all times, all places, all people.

 **Matthew 28:19–20** – “Go and make disciples of all nations... I am with you always.”

**Reflection:**

The Catholic Church is the largest family in the world — the same Mass, same sacraments, same Creed everywhere.

**Questions:**

Have I experienced the universality of the Church — on pilgrimage, in travel, or in prayer?

How does this universality witness to the truth of Christ’s promise?


---



## Day 5 – The Church is Apostolic

**Teaching:**

The Church is built on the apostles. The Pope and bishops are successors of the apostles, entrusted with teaching, governing, and sanctifying in Christ’s name.

 **John 20:21–23** – “As the Father has sent Me, even so I send you... If you forgive the sins of any, they are forgiven.”

**Reflection:**

The same authority given to the apostles is alive today in the successors of Peter and the apostles. Apostolic succession guarantees the truth of our faith.

**Questions:**

Do I see the Pope and bishops as gifts of Christ’s authority for my faith?

How does apostolic succession give me confidence in the Catholic Church’s teachings?

---



## Weekend Wrap-Up – Belonging to the Church

**Reflect:**

The Church is not just something I go to, but Someone I belong to — the Body of Christ.

The four marks of the Church (One, Holy, Catholic, Apostolic) show she is Christ’s true Church.

Belonging to the Church is belonging to Christ — and salvation.

---

## Journal Prompts

“The Catholic Church is Christ’s Church because...”

“The mark of the Church that strengthens my faith most is...”

“I defend my faith by...”

---

## Apologetics for Adults

**Q: Why not just be Christian without being Catholic?**

A: Because Jesus did not found “Christianity” in general — He founded the Catholic Church (Matthew 16:18).

**Q: Aren’t all churches basically the same?**

A: No. Only the Catholic Church has all four marks: One, Holy, Catholic, and Apostolic.

**Q: How can the Church be holy if members sin?**

A: The holiness of the Church comes from Christ, not from the personal holiness of all her members. She remains holy in her sacraments, her teachings, and her saints.

---

## Catechism Extension

**CCC 811** – “The Church is one, holy, catholic, and apostolic in her deepest and ultimate identity.”

**CCC 813** – “The Church’s unity... is found in her profession of faith, common celebration of worship, and apostolic succession.”

**CCC 823** – “The Church... is held, as a matter of faith, to be unfailingly holy.”