

Seeker Track – Just Teach Sheet

September Week 2

Theme: Faith & Belonging to the Church

Audience: Seekers, Non-Catholics, or Returning Catholics

Focus: Why belonging to the Catholic Church is essential — Christ did not leave us “Christianity in general” but founded one visible Church.

Weekly Goal

To help seekers see that Jesus’ plan for His followers is not individual and invisible, but a visible family of faith: the Catholic Church.

What You’ll Need

This sheet

Bible (or provided verses)

A notebook for reflections/questions

Opening Prayer (Daily)

Lord Jesus,
 You did not leave us orphans.
 You gave us Your Church as a family and a guide.
 Help me to see the truth of Your plan
 and give me courage to follow You in Your Church.
 Amen.



Day 1 – Did Jesus Really Found a Church?

Teaching:

Yes. Jesus did not leave us a book only, or vague ideas. He gave us a Church built on Peter and the apostles.



Matthew 16:18–19 – “You are Peter, and on this rock I will build My Church.”

Reflection:

The Church is not man-made. It is Christ’s. To follow Christ is to belong to His Church.

Questions:

If Jesus really founded a Church, which one is it?

How do I know which church today continues from the apostles?



Day 2 – One Church, Not Thousands

Teaching:

There are over 40,000 Christian groups today. Yet St. Paul said there is “one body, one Spirit, one Lord, one faith, one baptism” (Ephesians 4:4–5).



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

Reflection:

Division was never Christ’s plan. He prayed, “that they may all be one” (John 17:21).

Questions:

Does it make sense that Christ would want thousands of divided churches?

Which Church has stayed one throughout history?



Day 3 – The Church is Holy (Even if Members Fail)

Teaching:

The Catholic Church is holy because Christ is holy. Her members are sinners in need of grace — but the sacraments and teaching remain holy.



Ephesians 5:25–27 – Christ “loved the Church... to make her holy.”

Reflection:

Think of a hospital: people are still sick, but the hospital is where healing is found. The Church is where sinners become saints.

Questions:

Do scandals or failures of some members make me doubt the Church?

Can Christ’s holiness still shine through the sacraments and saints?



Day 4 – The Church is Catholic (Universal)

Teaching:

“Catholic” means “universal.” The Church is for all nations, all times, all peoples.



Matthew 28:19 – “Go and make disciples of all nations.”

Reflection:

No matter where you go — Rome, Manila, Nairobi, Mexico City — the Catholic Mass is the same. This universality shows the mark of the true Church.

Questions:

Have I experienced Catholics around the world?


Why does universality matter in recognising the true Church?



Day 5 - The Church is Apostolic

Teaching:

Jesus gave authority to His apostles. The Pope and bishops are their successors, ensuring the same faith is handed on unchanged.

 **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:

Authority is not human invention — it is Christ’s gift. Apostolic succession means the Church today is the same one Christ founded.

Questions:

Do I see the value of authority passed on from the apostles?

Without authority, how could the true faith survive?

Weekend Wrap-Up - Which Church Did Jesus Found?

Reflect:

Jesus founded one Church — which Church still teaches the same faith, worships the same way, and continues in apostolic authority?

If the Catholic Church really is the Church Christ founded, am I ready to take the next step?

Journal Prompts

“The Catholic Church is different from other churches because...”

“The question I still have is...”

“If I discovered this is Christ’s Church, I would...”



Apologetics for Seekers

Objection: “I just follow Jesus, not a church.”

Response: Jesus Himself said, “I will build My Church” (Matthew 16:18). To follow Him is to follow His Church.

Objection: “Aren’t all Christian churches equal?”

Response: No. The Catholic Church has four unique marks: One, Holy, Catholic, Apostolic. No other community has all four.

Objection: “The Church has too many scandals to be true.”

Response: The sin of members does not cancel Christ’s promise. The holiness of the Church comes from Him, not from us.

Catechism Extension

CCC 811–812 – The four marks of the Church.

CCC 816 – “The one Church of Christ... subsists in the Catholic Church.”

CCC 868 – “The Church is one, holy, catholic, and apostolic.”