

Adult Track – Just Teach Sheet

September Week 4

Theme: Faith & Belonging to the Church

Audience: Adult Catholics (newly returned, active, or deepening formation)

Focus: Belonging to the Church means living our Catholic faith daily through discipleship, forgiveness, works of mercy, and public witness — not just Sunday attendance.

Weekly Goal

To deepen understanding that the Catholic faith is not a compartment but a way of life: to forgive, to serve, to witness, and to live every day as a member of Christ's Body, the Church.

What You'll Need

This sheet

Bible

Catechism if available

Journal / notebook

Opening Prayer (Daily)

Lord Jesus,
 You call me to follow You not just in church,
 but in my daily life.
 Strengthen me to forgive as You forgive,
 to serve as You serve,
 and to witness boldly as a Catholic in the world.
 Amen.

Day 1 – Faith is a Daily Way of Life

Teaching:

Faith is not just private devotion or Sunday Mass. It is a whole way of life lived in Christ's Body, the Church.

James 2:17 – “Faith by itself, if it has no works, is dead.”

CCC 1816 – “The disciple of Christ must not only keep the faith and live on it, but also profess it, confidently bear witness to it, and spread it.”

Reflection:

If I believe in Christ, then my whole life — my family, work, friendships — must be different because I belong to Him.

Questions:

Do people know by my life that I am Catholic?

Where do I keep faith “hidden”?

Day 2 – Forgiveness and Mercy

Teaching:

As members of Christ’s Church, we must forgive others. This is not optional — it is commanded by Christ.

Matthew 6:14 – “If you forgive others their trespasses, your heavenly Father will also forgive you.”

CCC 2840 – “Now — and this is daunting — this outpouring of mercy cannot penetrate our hearts as long as we have not forgiven those who have trespassed against us.”

Reflection:

Nothing proclaims Christ more powerfully than mercy. The Church is credible when her members forgive.

Questions:

Who in my life do I still need to forgive?

Do I go to Confession to receive God’s forgiveness?

Day 3 – Works of Mercy

Teaching:

The Church lives her mission by serving the poor, the sick, and the forgotten. This is not an “extra,” but the test of true faith.

Matthew 25:40 – “Whatever you did for one of the least of these brothers of mine, you did for Me.”

CCC 2447 – The works of mercy are “charitable actions by which we come to the aid of our neighbour.”

Reflection:

Catholic life without charity is hypocrisy. We cannot belong to Christ without serving His suffering members.

Questions:

Do I regularly practice corporal or spiritual works of mercy?

What step can I take this week to help someone in need?

Day 4 – Witness in the World

Teaching:

Every Catholic is called to witness publicly to Christ. Faith is personal, but never private.

Matthew 5:14–16 – “You are the light of the world... let your light shine before others.”

CCC 2472 – “The duty of Christians to take part in the life of the Church impels them to act as witnesses of the Gospel.”

Reflection:

In an age that often rejects Christ, a quiet, hidden Catholicism is not enough. The world needs visible witnesses of faith.

Questions:

How do I witness to my faith in daily life?

Do I speak up when Catholic truth is attacked or mocked?

Day 5 – Sent on Mission from the Mass

Teaching:

Mass is not the end of our week but the start of mission. “Go in peace” means: take Christ to the world.

1 Peter 3:15 – “Always be ready to give a reason for the hope that is in you.”

CCC 1397 – “The Eucharist commits us to the poor. To receive... in truth, we must recognise Christ in the poorest.”

Reflection:

The Mass equips us to live the Gospel. We cannot receive Christ in the Eucharist and then ignore Him in our neighbour.

Questions:

How will I live the Mass this week in my family, work, or neighbourhood?

Weekend Wrap-Up – Living as Catholic Disciples

Faith is a way of life, not a Sunday hour.

Belonging to the Church means forgiving, serving, and witnessing.

Mass sends us on mission.

Reflection prompts:

Where am I living my faith most fully?

Where am I holding back?

What step can I take to live my belonging to the Church more deeply?

Journal Prompts

“This week I will live my Catholic faith by...”

“One person I need to forgive is...”

“One work of mercy I will practise this week is...”

Apologetics for Adults

“Faith is private.” → Catholic faith is always lived publicly. The first Christians were martyrs because they refused to hide their faith.

“Good works aren’t necessary, just belief.” → Scripture is clear: faith without works is dead (James 2:17).

“Why does the Church focus so much on helping the poor?” → Because Christ identifies Himself with the poor (Matt 25:40). To serve them is to serve Him.

Catechism Extension

CCC 1816 – Living and professing faith.

CCC 2044–2046 – Witness to the Gospel.

CCC 2447 – Corporal and spiritual works of mercy.

CCC 2472 – Duty to witness.