

Adult Track

October Week 2

Theme: Saints & Holiness

Focus: St. Carlo Acutis — a modern witness to Eucharistic faith, digital evangelisation, charity, and holiness in everyday life.

Weekly Goal

Adults see that holiness is not reserved for another age or for religious orders. St. Carlo Acutis (1991–2006, canonised 2025) shows that holiness is possible now, in ordinary life, for lay people in the modern world.

What You'll Need

This sheet

Bible

Catechism (CCC 1324–1419; 2013–2015)

Journal or notebook

Opening Prayer (Daily)

Lord Jesus Christ,
 You gave us St. Carlo Acutis as a witness for our time.
 May his example teach me to centre my life on the Eucharist,
 to use technology and my gifts for Your glory,
 to live charity with courage,
 and to face suffering with faith.
 Make me holy in the ordinary moments of my life. Amen.

Day 1 – The Eucharist: Carlo's "Highway to Heaven"

Teaching:

Carlo famously said, "*The Eucharist is my highway to heaven.*" He attended daily Mass, adored the Blessed Sacrament, and believed Jesus was truly present — Body, Blood, Soul, and Divinity.

John 6:51 — "I am the living bread that came down from heaven."

CCC 1324 — The Eucharist is "the source and summit of the Christian life."

Reflection:

If a teenager could shape his life around the Eucharist, what excuse do we have as adults?

Questions:

Is the Eucharist the centre of my week — or something added on?

Could I make time for adoration or weekday Mass?

Day 2 – Using Our Gifts for God

Teaching:

Carlo loved computers. He designed a website cataloguing Eucharistic miracles to lead others to Christ. He saw technology as a tool, not an escape.

1 Corinthians 10:31 – “Whatever you do, do all for the glory of God.”

Reflection:

We all have gifts — professional skills, hobbies, family roles. Carlo shows that holiness means consecrating these gifts to Christ.

Questions:

How do I use my talents? For myself only, or also for the Gospel?

How might I use modern tools for evangelisation and charity?

Day 3 – Faith in Action: Carlo’s Charity

Teaching:

Carlo was known for kindness, defending bullied classmates, and helping the homeless in Milan. His holiness was practical, not abstract.

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

CCC 2447 – The works of mercy are essential to Catholic life.

Reflection:

Carlo shows us that the measure of holiness is love of neighbour, especially the poor and excluded.

Questions:

Do I practise works of mercy regularly?

What is one concrete act of charity I could commit to this week?

Day 4 – Facing Suffering with Faith

Teaching:

At 15, Carlo was diagnosed with leukaemia. He offered his suffering for the Pope and the Church, saying: *“I’m happy to die, because I haven’t wasted even a minute on things that don’t please God.”*

Romans 8:18 – “The sufferings of this present time are not worth comparing with the glory that is to be revealed.”

Reflection:

Carlo reminds us that holiness is not about length of life, but about living fully for Christ in the time given.

Questions:

How do I face suffering: with despair or with trust?

Could I offer my difficulties for the Church, like Carlo did?

Day 5 – Holiness in Our Time

Teaching:

Carlo wore trainers, played football, used the internet — and became a saint. His life shows that holiness is possible in the 21st century, in ordinary settings.

Matthew 5:8 – “Blessed are the pure in heart, for they shall see God.”

CCC 2013 – All Christians are called to the fullness of Christian life and the perfection of charity.

Reflection:

If Carlo could be holy as a teenager in a digital age, we can be holy as adults in family, work, and parish life.

Questions:

Do I believe God is calling me to sainthood in my daily vocation?

What step toward holiness can I take today?

Weekend Wrap-Up – Lessons from St. Carlo

The Eucharist must be the centre of our lives.

Every gift, including technology, can serve Christ.

Faith must be visible in charity and mercy.

Suffering can be offered with Christ.

Holiness is possible in our world today.

Reflection prompts:

Which aspect of Carlo's holiness challenges me most?

What change could I make to imitate him more closely?

Journal Prompts

"Like Carlo, I want to use my gift of..."

"The Eucharist matters to me because..."

"This week I will practise holiness by..."

Apologetics for Adults

"Saints are only for past centuries."

→ Wrong. Carlo Acutis is proof holiness is possible in our own century.

"Mass is just a ritual."

→ Carlo called the Eucharist his highway to heaven. If Christ is really present, Mass is heaven on earth.

"I'm too ordinary to be holy."

→ Saints were ordinary too — holiness is God's work in us, not our achievement.

Catechism Extension

CCC 1324–1327 – The Eucharist as source and summit.

CCC 2013–2015 – Universal call to holiness.

CCC 2447 – Works of mercy.

CCC 1397 – The Eucharist commits us to the poor.