

Seeker Track

October Week 2

Theme: Saints & Holiness

Focus: St. Carlo Acutis — a teenager from our own time who loved the Eucharist, used the internet for God, and shows that sainthood is possible today.

Weekly Goal

To introduce seekers and returning Catholics to St. Carlo Acutis as a modern witness. His life demonstrates that holiness is real, attractive, and possible for ordinary people in today's world.

What You'll Need

This sheet

Bible

Notebook for reflections or questions

Opening Prayer (Daily)

Lord Jesus,
 Thank You for raising up St. Carlo Acutis
 to show us that holiness is possible today.
 Teach me to love You in the Eucharist,
 to use my gifts for good,
 and to follow You on the path to heaven. Amen.

Day 1 - Carlo's Love for the Eucharist

Teaching:

Carlo called the Eucharist his "*highway to heaven*." He believed that Jesus is truly present in Holy Communion, and he shaped his life around Mass and prayer.

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

Reflection:

For Carlo, the Eucharist was not just a ritual — it was a real meeting with Jesus.

Questions:

Had I thought of the Eucharist as really Jesus before?

What would it mean if this is true?

Day 2 – Using Technology for God

Teaching:

Carlo loved computers and video games. But instead of letting them control his life, he used them to serve God — designing a website about Eucharistic miracles to help others believe.

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

Reflection:

Holiness doesn’t mean rejecting the modern world — it means using it well.

Questions:

How do I use technology — to waste time or to do good?

Could I use my gifts and hobbies to serve others?

Day 3 – Carlo’s Kindness and Charity

Teaching:

Carlo defended classmates who were bullied and helped the homeless. His faith was shown in love, not just words.

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

Reflection:

Holiness is always visible in kindness.

Questions:

Who in my life needs encouragement, friendship, or kindness?

Could I follow Carlo’s example in a small way this week?

Day 4 – Facing Suffering with Faith

Teaching:

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

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

Reflection:

Carlo shows us that faith gives meaning even to suffering.

Questions:

How do I usually react to suffering?

Could God give meaning to my pain?

Day 5 – Sainthood Is Possible Today

Teaching:

Carlo wore trainers, used the internet, played football — and is now a canonised saint. His life shows sainthood is not for the past, but for today.

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

Reflection:

Carlo proves sainthood is possible for ordinary people who love Jesus.

Questions:

What in Carlo’s life attracts me most?

Could God be calling me to holiness too?

Weekend Wrap-Up – Lessons from Carlo

The Eucharist is the heart of Catholic life.

Holiness means using our gifts for God.

Faith must be lived in charity.

Even suffering can become holy.

Saints are not just in the past — they live in our world today.

Reflection:

Carlo shows that sainthood is possible now. What step could I take toward God this week?

Journal Prompts

“If Carlo could be holy as a teenager, then I can...”

“The most surprising thing about his life is...”

“One step I will take this week is...”

Apologetics for Seekers

“Saints are just legends.”

→ Carlo Acutis lived from 1991–2006. His life is documented, his holiness was recognised, and he is now canonised.

“Holiness is not realistic today.”

→ Carlo proves it is. He lived in the same digital, busy, modern world as we do.

“Why the Eucharist?”

→ Carlo called it his highway to heaven. Catholics believe the Eucharist is Jesus Himself, not just bread and wine.

Catechism Extension

CCC 1324 – The Eucharist is the source and summit.

CCC 2013 – All are called to holiness.

CCC 2447 – Works of mercy are essential to Catholic life.