

Teen Track

October Week 2

Theme: Saints & Holiness

Audience: Teens (13–18) – Faith Formation / Confirmation Prep

Focus: St. Carlo Acutis — a modern teenager who loved the Eucharist, used technology for evangelisation, and shows that sainthood is possible today.

Weekly Goal

Teens recognise that holiness is possible now, in the 21st century. St. Carlo Acutis proves that faith, technology, charity, and everyday life can be lived for Christ.

What You'll Need

This sheet

Bible

Journal / notes app

Opening Prayer (Daily)

Lord Jesus,
 You raised up St. Carlo Acutis as a witness for our times.
 Help me to love You in the Eucharist as he did,
 to use my gifts for Your glory,
 and to live courageously as Your disciple.
 Amen.

Day 1 – Carlo's Love for the Eucharist

Teaching:

Carlo said, "*The Eucharist is my highway to heaven.*" He went to daily Mass, spent time in adoration, and believed Jesus was truly present.

John 6:51 – "I am the living bread that came down from heaven. Whoever eats of this bread will live forever."

Reflection:

If Carlo, a teenager, could make the Eucharist central to his life, so can we.

Ask yourself:

Do I prepare well for Communion?

Could I spend time in adoration like Carlo did?

Challenge:

Before your next Communion, pray: *“Jesus, make me holy like Carlo.”*

Day 2 – Carlo Used Tech for God

Teaching:

Carlo loved computers and video games, but he also used the internet to spread Eucharistic miracles worldwide.

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

Reflection:

The internet can be used for good or for harm. Carlo shows that technology is not neutral — it’s a tool to glorify God or to waste life.

Ask yourself:

How do I use technology?

Does my online life reflect my faith?

Challenge:

Post one thing this week that points others to Jesus.

Day 3 – Carlo’s Kindness and Charity

Teaching:

Carlo helped classmates who were bullied and cared for the poor in Milan. His faith was shown in action.

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

Reflection:

Holiness is not just prayer but love in action.

Ask yourself:

Who is “left out” in my school or friend group?

How can I stand with them this week?

Challenge:

Do one act of hidden kindness today for someone who needs it.

Day 4 - Carlo's Courage in Suffering

Teaching:

At 15, Carlo developed leukaemia. He offered his suffering for the Church and the Pope, 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's peace in suffering came from faith. Holiness is not escaping pain but uniting it to Christ.

Ask yourself:

Do I complain when life is hard?

Could I learn to offer my struggles for others like Carlo did?

Day 5 - Carlo Shows Holiness is Possible Today

Teaching:

Carlo wore trainers, loved football, and played video games — yet he became a saint. Holiness is possible in our world, with our struggles and distractions.

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

Reflection:

Carlo proves sainthood is not about age, era, or status. It is about love for Jesus.

Ask yourself:

What's one habit in my life that keeps me from holiness?

What step can I take to follow Carlo's example this week?

Weekend Wrap-Up - Lessons from Carlo

The Eucharist was Carlo's centre.

He used technology for God's glory.

His kindness proved his faith was real.

He faced suffering with courage.

He shows sainthood is possible now.

Reflection prompts:

What in Carlo's life challenges me most?

What step toward holiness will I take this week?

Journal Prompts

"If I lived like St. Carlo, I would..."

"The Eucharist matters to me because..."

"One change I will make in my online life is..."

Apologetics for Teens

"Holiness is impossible today."

→ Carlo lived holiness in the 2000s. He proves it's possible.

"Mass is boring."

→ Carlo called the Eucharist his 'highway to heaven.' If Christ is really there, Mass is never boring.

"I can't do much for God."

→ Carlo used what he had — a computer. God can use your talents too.

Catechism Extension

CCC 1324 – The Eucharist is the "source and summit."

CCC 2013 – All are called to holiness.

CCC 2447 – Works of mercy show living faith.