

Strength in What I Know Is True

St. Catherine was known for her clear mind and strong faith.

She wasn't intimidated by arguments or pressure — she trusted the truth she had learned in Christ.

Confirmation helps us grow in wisdom and understanding, so we can stand confidently in what we know is true.

Main Activity — “A Truth I Stand On”

One reflection box with two short prompts:

Write one truth about your faith that you feel confident in (God loves me, Jesus is with me, forgiveness is real, prayer works, etc.).

(1–2 sentences)

Write why this truth matters in your life.

(1–2 sentences.)

This sets the tone for Catherine's clarity and intellectual courage.

Mini-Reflection (one line)

Finish the sentence:

“I feel confident in my faith when _____.”

“Holy Spirit, strengthen my mind and my heart.
Help me stand confidently in the truth You have given me.
St. Catherine of Alexandria, pray for me.”