

Strength Without Pride

St. Catherine was incredibly wise, but she wasn't proud.
Her strength came from God, not from showing off or winning arguments.

Confirmation teaches us that real strength is humble — it stands firm without putting others down.

Main Activity — “Humble Strength”

One reflection box with two short prompts:

Write one moment when you were tempted to show off, win, or prove yourself.
(1–2 sentences)

Write what humble strength would look like instead (patience, kindness, calm truth, not needing to win).
(1–2 sentences.)

This teaches a different kind of courage — peaceful, humble, steady.

Mini-Reflection (one line)

Finish the sentence:

“Real strength looks like _____.”

“Holy Spirit, give me strength that is humble and true.
Help me stand firm without pride.
St. Catherine of Alexandria, pray for me.”