

Using My Mind for God

St. Catherine didn't hide her intelligence — she used it for God. Her ability to think clearly helped her defend the faith with confidence. Confirmation strengthens our minds so we can think wisely, make good decisions, and understand our faith more deeply.

Main Activity — “Thinking with the Holy Spirit”

One reflection box with two short prompts:

Write one situation where you need to think more clearly (friendship, schoolwork, choices, pressure, confusion).
(1–2 sentences)

Write how asking the Holy Spirit for guidance could help you think wisely in that moment.
(1–2 sentences.)

This introduces the Gift of Counsel / Right Judgment.

Mini-Reflection (one line)

Finish the sentence:

“I need the Holy Spirit’s help to think clearly when _____.”

“Holy Spirit, guide my thoughts and my decisions.
Help me use my mind for Your glory.
St. Catherine of Alexandria, pray for me.”