

Speaking with Wisdom

St. Catherine didn't win people over by shouting — she spoke with wisdom, respect, and calm confidence.

Her words reflected the truth she carried in her heart.

Confirmation helps us speak about our faith in ways that are wise, peaceful, and honest.

Main Activity — “A Wise Response”

One reflection box with two short prompts:

Write about a situation where someone said something unkind, unfair, or untrue.

(1–2 sentences)

Write a wise, respectful way you could respond — not to win, but to stay true to Christ.

(1–2 sentences.)

This encourages communication that reflects the Holy Spirit, not conflict.

Mini-Reflection (one line)

Finish the sentence:

“A wise reply shows my faith because _____.”

“Holy Spirit, guide my words.

Help me speak with wisdom, peace, and confidence.

St. Catherine of Alexandria, pray for me.”