

Why I Believe What I Believe

St. Justin wasn't afraid to explain the Faith.

He searched for truth everywhere, and when he found Christ, he knew
he had found the fullness of truth.

Confirmation strengthens us with the Holy Spirit so we can know our
faith and stand by it with clarity.

Main Activity — “One Belief, One Reason”

One Catholic belief that matters to me:

(e.g., Jesus is truly present in the Eucharist, God forgives, prayer
matters, etc.)

Why this belief makes sense to me:

(1–2 sentences)

How this belief helps me live differently:

(1–2 sentences)

Mini-Reflection (one line)

Finish the sentence:

“I want to understand my faith because _____.”

“Holy Spirit, open my mind to Your truth.
Help me understand my faith deeply
and stand firm in what I believe.”