

Who God Says I Am

St. Sebastian lived in a world that labeled him:

A soldier.

A rebel.

A traitor to Rome.

A problem.

An enemy of the empire.

But those labels never defined him.

He knew exactly who he belonged to, and that identity gave him the strength to endure anything.

Confirmation strengthens this same identity in every young Catholic:

You belong to Christ.

You are sealed with the Holy Spirit.

Your worth is not defined by others.

Main Activity —

Box 1 — “Labels I Feel Pushed Into”

Write a few words people your age often get labeled with (not names, just general labels).

Box 2 — “Who God Says I Am”

Write 3–4 truths about your identity in Christ (loved, strong, forgiven, chosen, etc.).

Mini-Reflection (One line)

Finish the sentence:

“Today I choose to believe that I am _____.”

““Holy Spirit, remind me of who I truly am.

Help me reject false labels,

and give me the strength to live in the truth

that I belong to Christ.

St. Sebastian, pray for me.”