

I Place My Trust in God

When we feel pressured, our instinct is to protect ourselves or take control.

St. Apollonia shows us another path: surrendering herself to God with trust.

Confirmation helps us learn that true strength comes from trusting God, not from controlling every outcome.

Trust vs. Control Reflection

Complete BOTH prompts in one short sentence each:

- **When I feel pressured, I am tempted to control** _____.
- **Trusting God in that moment looks like** _____.

Mini-Reflection (one line)

Complete the sentence:

“Jesus, I trust You when _____.”

“Holy Spirit, help me trust God when I feel pressure or fear.
Teach me to surrender with faith like St. Apollonia.
St. Apollonia, pray for me.”