

Strong Where It Matters Most

Not all courage is visible.

Some of the greatest acts of faith happen quietly, within the heart.

St. Apollonia remained faithful through intense suffering because her strength came from God, not from circumstances.

Confirmation strengthens us to persevere inwardly when faith is tested.

Interior Strength Inventory

Read the statements below.

Tick (✓) the ones that help build interior strength and perseverance:

- ☐ Praying even when it feels difficult
- ☐ Giving up when faith feels hard
- ☐ Trusting God during suffering
- ☐ Staying faithful without recognition
- ☐ Avoiding prayer when discouraged
- ☐ Remembering that God is always present

Which one of these most helps you persevere in faith, and why?

Mini-Reflection (one line)

Complete the sentence:

“Lord, strengthen my heart when _____.”

“Holy Spirit, strengthen me from within.
Help me persevere in faith like St. Apollonia.
St. Apollonia, pray for me.”