

# The Holy Spirit Gives Me Strength

St. Basil taught the early Church who the Holy Spirit truly is and how the Spirit strengthens us from the inside.

Confirmation is the Sacrament where the Holy Spirit comes to us in a deeper, powerful way.

The Spirit gives us strength to know God, love God, and serve God — every single day.

## Main Activity — “Where I Need the Holy Spirit’s Strength”

One reflection box with two short prompts:

**Write one area of your life where you need strength (courage, patience, faith, purity, honesty, kindness, self-control, etc.).**

(1–2 sentences)

**Write how the Holy Spirit can help you in that area.**

(1–2 sentences.)

## Mini-Reflection (one line)

Complete the sentence:

“I need the Holy Spirit’s strength when \_\_\_\_\_.”

“Holy Spirit, strengthen my heart and my mind.  
Help me live with courage and faith,  
as St. Basil the Great taught.”