

Letting God Change My Heart

St. Catherine of Genoa lived an ordinary life until one moment of grace changed everything for her.

When she encountered God's love, her heart was transformed and she began living for Him alone.

Confirmation gives us the grace to let God change not only our actions — but our hearts.

Main Activity — “Where I Need God to Change Me”

One reflection box with two short prompts:

Write one area of your heart or life that needs God's healing or change (a weakness, a sin, a fear, an attitude, a habit, a wound, a struggle).

(1–2 sentences)

Write how God's love — through the Holy Spirit — can transform this area.

(1–2 sentences.)

Mini-Reflection (one line)

Complete the sentence:

“I need God to change my heart in _____.”

“Holy Spirit, change my heart with Your healing love.

Help me grow closer to Jesus every day.

St. Catherine of Genoa, pray for me.”