

Purifying My Intentions

St. Catherine of Genoa desired only one thing after her conversion: to love God with a pure and honest heart.

She teaches us that holiness is not just about what we do, but why we do it.

Confirmation strengthens us to purify our intentions so our lives reflect the truth and love of Jesus.

Main Activity — “Why I Do What I Do”

One reflection box with two short prompts:

Write about one good thing you try to do — but where your intention is not always pure (e.g., being kind to impress others, doing homework for praise, helping only when convenient, praying only when in trouble).

(1–2 sentences)

Write how the Holy Spirit can help purify your intentions so you do good for the love of God, not for attention or reward.

(1–2 sentences.)

Mini-Reflection (one line)

Complete the sentence:

“I want a pure heart so that _____.”

“Holy Spirit, purify my intentions and the desires of my heart.

Help me do all things out of love for You.

St. Catherine of Genoa, pray for me.”