

Goodness that Comes from God

St. Ephrem taught that the Holy Spirit fills our hearts with goodness — not just doing good things, but becoming good from the inside out. The Spirit shapes our thoughts, attitudes, and desires. Confirmation strengthens this goodness so we can reflect God in the world.

Main Activity — “Where I Want to Grow in Goodness”

One reflection box with two short prompts:

Write one area where you want to grow in goodness (patience, kindness, honesty, courage, purity, gratitude, forgiveness, etc.).

(1–2 sentences)

Write how the Holy Spirit can help you grow in that area.
(1–2 sentences.)

Mini-Reflection (one line)

Complete the sentence:

“The Holy Spirit helps me grow in goodness when _____.”

“Holy Spirit, fill my heart with Your goodness.
Help me grow into the person You are calling me to be.
St. Ephrem the Syrian, pray for me.”