

Strong on the Inside

True courage is not loud or aggressive.

St. Eulalia remained calm because her strength came from God, not from herself.

Confirmation deepens this inner strength through the Holy Spirit, helping us remain steady under pressure.

Inner Strength Reflection

Read the statements below.

Circle TWO that help build inner strength and calm courage:

- Trusting God in prayer
- Reacting immediately in anger
- Remembering who you belong to
- Panicking when challenged
- Knowing the Faith
- Seeking revenge

Which one of the two you circled do you most need to grow in right now, and why?

Mini-Reflection (one line)

Complete the sentence:

“When I feel pressure, I find strength by _____.”

“Holy Spirit, strengthen my heart with calm courage.
Help me trust God and remain steady like St. Eulalia.
St. Eulalia of Mérida, pray for me.”