

Loving God More Deeply

St. Gregory taught that the more we know God, the more we love Him.

Love grows from truth, not from guessing or vague ideas.

Confirmation strengthens both our understanding and our love, helping us follow God with our whole heart.

Main Activity — “How I Can Love God Better”

One reflection box with two short prompts:

Write one thing about God that makes you love Him more (His mercy, His patience, His presence, His forgiveness, His strength, etc.).

(1–2 sentences)

Write one way you want to show your love for God more clearly in your daily life.

(1–2 sentences.)

This ties understanding → love → action.

Mini-Reflection (one line)

Complete the sentence:

“Knowing God helps me love Him because _____.”

“Holy Spirit, help my love for God grow deeper each day.

Guide my heart to love Him with truth and joy.

St. Gregory Nazianzen, pray for me.”