

Growing in Knowledge of God

St. Gregory Nazianzen believed that every Christian should keep learning about God.

Our faith grows stronger when we seek to understand Him with both our hearts and our minds.

Confirmation strengthens our desire to know God more deeply throughout our whole life.

Main Activity — “One Thing I Want to Learn About God”

One reflection box with two short prompts:

Write one thing about God or the Faith you want to understand better (prayer, the Trinity, Jesus’ teachings, Scripture, the Mass, the saints, etc.).

(1–2 sentences)

Write how learning this will help your faith grow.

(1–2 sentences.)

To defend the faith, I must know the faith.

Mini-Reflection (one line)

Complete the sentence:

“I want to know God more because _____.”

“Holy Spirit, open my mind and my heart.
Help me grow in the knowledge of God each day.
St. Gregory Nazianzen, pray for me.”