

Talking to God Helps Me Know Him

St. Gregory taught that prayer is the way we come to know God personally.

It isn't just words — it's a relationship.

Confirmation deepens our prayer life, helping us talk to God with trust and honesty.

Main Activity — What I Want to Say to God Today”

One reflection box with two short prompts:

Write one thing you want to say to God today (a thanks, a question, a worry, a hope, a need, etc.).

(1–2 sentences)

Write how prayer helps you feel closer to God.

(1–2 sentences.)

This teaches relational prayer, not formula prayer.

Mini-Reflection (one line)

Complete the sentence:

“I feel close to God when I _____.”

“Holy Spirit, teach me to pray from the heart.

Help me know God more through prayer.

St. Gregory Nazianzen, pray for me.”