

My Life for Christ

St. José offered his life to Jesus with a brave and joyful heart.
His love for Christ gave him strength greater than fear, pain, or
pressure.

Confirmation seals us with the Holy Spirit so we can offer our lives to
Christ in love, trust, and daily faithfulness.

Main Activity — “What I Want to Offer to Jesus”

One reflection box with two short prompts:

**Write one part of your life you want to offer more fully to
Jesus (your time, your friendships, your habits, your
words, your talents, your struggles, your future).**

(1–2 sentences)

**Write how the Holy Spirit can help you make this offering
with love and trust.**

(1–2 sentences.)

Mini-Reflection (one line)

Complete the sentence:

“I want to offer Jesus _____.”

“Holy Spirit, help me offer my whole life to Jesus.
Give me the love and courage of St. José Sánchez del Río.
St. José, pray for me.”