

A Heart of Compassion

St. Oscar Romero saw the suffering of the people around him and
allowed it to move his heart.

He listened, comforted, prayed, defended, and walked with those who
were hurting.

Confirmation strengthens us to have a compassionate heart like Christ
— especially toward the weak and the oppressed.

Main Activity — “Who Needs My Compassion?”

One reflection box with two short prompts:

**Write about someone who is suffering, lonely, stressed,
bullied, grieving, or going through a difficult time.**

(1–2 sentences)

**Write one way you can show compassion to this person
through prayer, kindness, listening, or support.**

(1–2 sentences.)

Mini-Reflection (one line)

Complete the sentence:

“Jesus, give me compassion for _____.”

“Holy Spirit, soften my heart toward those who suffer.

Make me compassionate and courageous like St. Oscar Romero.

St. Oscar Romero, pray for me.”