

Strength to Forgive

St. Patrick could have hated the people who kidnapped him. But instead, he forgave them and brought them the love of Christ. This is not human strength — it is the power of the Holy Spirit. Confirmation gives us this same strength to forgive from the heart.

Main Activity — “A Place I Need to Forgive”

One reflection box with two short prompts:

Write one situation where forgiveness is difficult for you (no names — just the situation).

(1–2 sentences)

Write how the Holy Spirit can help you forgive, even if the feelings are still hard.

(1–2 sentences.)

Mini-Reflection (one line)

Complete the sentence:

“I need the Holy Spirit’s help to forgive when _____.”

“Holy Spirit, heal my heart and give me the strength to forgive.
Help me love as Jesus loves.
St. Patrick, pray for me.”