

Strengthened by Grace

St. Philomena chose good with heroic courage.

She did not rely on her own strength, but on God's grace.

Confirmation gives us a deeper share in that same grace so we can resist sin, choose good, and stay faithful in every situation.

Discernment Scenario

Scenario:

A friend wants you to join in mocking someone online.

You feel uncomfortable, but you also don't want to lose the friend or look strange.

Question:

If you were strengthened by grace like St. Philomena, what would you choose to do?

Write ONE short sentence describing the choice that honours Christ.

(1 sentence only.)

Mini-Reflection (one line)

Complete the sentence:

“With God's grace, I can choose _____.”

“Holy Spirit, strengthen me with Your grace.

Help me choose what is good and holy like St. Philomena.

St. Philomena, pray for me.”