

Growing in Virtue

St. Philomena chose virtue over comfort and faithfulness over fear.
She trusted God's grace to help her grow strong in holiness.
Confirmation gives us the grace to grow in virtue step by step, day by day.

Virtue Growth Check

Today's Virtue Focus: Courage

1. Rate yourself honestly today:

Circle one:

1 2 3 4 5

(growing) (strong)

2. Write ONE short sentence:

What is one small way you can grow in courage this week?
(1 sentence only.)

Mini-Reflection (one line)

Complete the sentence:

“Lord, help me grow in courage when _____.”

“Holy Spirit, help me grow in virtue each day.
Give me courage and purity like St. Philomena.
St. Philomena, pray for me.”