

## **Confirmation Reflection #4 - DUE Session 5**

**Practice makes perfect and we definitely practice our habits! Virtues are a strong habit of doing what is good and Vices are a strong habit of doing what is not Good. Saints lived lives of heroic virtue!**

**Part 1 - Read paragraphs 146, 202, 299, 300, 342 in your YOU CAT. Then reflect on the following questions**

**Part 2 - Pick 3 Virtues off the diagram and complete the chart.**

**When asked “How” or for an example - USE A SPECIFIC EXAMPLE!!**

**Do not say: “I can be nice to people.” That is too vague.**

**Instead say: “I can remember to hold the door for people everyday.” That is specific.**

**How am I a saint? How do I point to Christ?**

**Who do I look towards for help and guidance?**

**How can practicing virtues help me prepare for Confirmation and beyond?**

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Part 2 - Pick 3 Virtues off the diagram and complete the chart. USE A SPECIFIC EXAMPLE!!

VIRTUE and DEFINATION	HOW WILL THIS HELP YOU WITH CONFIRMATION?	HOW DID YOU USE THE VIRTUE? (1)	WHAT GETS IN THE WAY?