

## **How to be a SPICY CATHOLIC**

Being a *Spicy Catholic* is more than just a super cool name—it's about bringing the love Jesus asks us to share with others!

As we grow up, we all face big choices—like where to go, what to do, or how to handle a tough situation. Sometimes those choices can be confusing or even scary. But we're never alone—God is always with us, ready to guide us and give us strength when we ask.

But what about our friends or family when they feel unsure? That's where we can help! One way we live out this is by listening to them, encouraging them, and reminding them that God loves them too.

Sometimes just praying with someone can help them feel peace. You don't have to know all the answers—just being there and showing them they're not alone can make a big difference. And if you can, offer some kind and thoughtful advice, just like Jesus would.