Hello, my name is Colin Beyer, I am a Sophomore at Eden Prairie High School. Some things I enjoy doing include cross country running, cross country skiing, and track and field. I would like to start off with a short prayer. God, Thank you for this opportunity for me to share my faith and I ask of you to give me the power to speak from the heart.

I believe that God the Father, Jesus and the Holy Spirit give me the power to walk through my life regardless of my situation. They give me the power to overcome challenges thrown at me, no matter the situation they are there to help and guide me through it. My parents raised me in a religious community first starting when I was baptised, through the years of church and community, I have learned a lot. I choose to say yes to God because of what I have learned, through years of attending church I have learned many things about religion and faith. Many of my questions have been answered, some have not, but I believe that learning more about God will answer those questions and in the process strengthen my relationship with God.

Active faith with Jesus Christ has been important to me because of the backbone it provides. I can always rely on Jesus Christ to help and aid me through hard situations. Active faith also helps me spread the word, I feel the need to talk to friends who may question my faith. I like to provide them with information with why I believe in Jesus Christ and I feel that active faith helps with that. As I mentioned earlier my relationship with Jesus has brought up questions with friends, I answer their questions to the best of my ability, but this has never created any major issues. With my family, my relationship with Jesus is encouraged, my family is all Lutheran and my grandfather is a retired ELCA pastor. The presence of God has made a difference in my life at school, church, work, and family by giving me the ability to rely on myself and hold myself accountable. I try to work my best at school and work and get things

done without too much trouble. At church I hold myself accountable by attending church and paying attention to sermons, and at home I try to do my best to help out around the house.

My faith in Christ has helped me stay strong with temptation. Recently there have been easier ways to get better scores on tests and quizzes, it is easy to turn to the temptations of cheating, but I rely on Christ to get me through them. God has been with me through some ups and downs. God was with me when I did really well in a cross country race or workout, he has also been with me through injury. Mid season cross country I was experiencing some knee pain, I had to do less workouts and runs. God was with me, helping me heal and take preventive measures, so that I could get back into running. God's word has helped me in my faith learn about different stories and more about our religion. My christian friends have made a difference in my life, they've helped me read and interpret the bible among other things. "I can do all this through him who gives me strength." Philippians 4:13. This verse provides a lot of meaning to me, because it demonstrates how I can get through all the tough things in life. "Blessed is the man who trusts in the LORD, and whose hope is the LORD." Jeremiah 17:7. This is another verse that means a lot to me, it's how I can rely on the Lord, and I know the Lord will be with me during the rough times.

The way I intend on continuing in the covenant God made with me in baptism, to stay close to my Christian friends at this church, and to remain in God's family is through attending church and being active within this community. I am a student leader, this is one of the major ways I am staying close to the church, I am also attending church both online and in-person. This I feel is really helping me with this promise. The way I intend on being present in worship to hear God's Word and share the Lord's Supper, is attending church. My family is trying our best to watch the livestreams and go in person. I pay close attention and participate in the Lord's

Supper, even at home. I intend to bear Christ's light and spread God's love through my words and actions by being a good role model. By being a student leader I keep in mind how others will view my behavior, I try my best to act and behave my best to set a good example. I will serve all people, following the example of the One who laid down his life for me, by being a good person. I will be spreading the word of God and be a genuine person, simply put, I will help others in need while spreading the word of God. I will work for peace and justice in my home, in my school, and in my world by being active in the community. I acknowledge my privilege and will use it to the best of my ability to work for peace and justice.

"My flesh and my heart may fail, but God is the strength of my heart and my portion forever." Psalm 73:26. This is the verse I chose as my Confirmation bible verse, it is important to me because it reminds me how I can always rely on God. I like how it says how I may fail, but God is my strength and will get me through life. The verse is really powerful to me, I can always rely on God no matter what. This verse encourages me to work for Jesus because I know if I do this, he will always be there for me. The verse gives me comfort because I know I'm not alone in whatever I'm doing, God will always be with me regardless of the situation. Finally, the verse gives me motivation to live for Jesus, because I know he is with me and I want to share this with people who may not know it yet.

My expression of faith is a representation of what I enjoy to do in life. My expression of faith is a shoe inside a box filled with bib numbers from past cross country races, and my bible verse. The shoe represents the hard times that God helped me get through, and the whole thing represents my enjoyment in life. The expression of faith summarizes my faith statement by showing all the moments of strength and persistence I have had, all of which God was with me.

Dear Lord, I thank you for the whole experience of finding what I believe in, and the gift of faith, thank you for the ability to say "yes" to you, God. Amen.