

Recognising Truth from Falsehood

St. Athanasius defended the truth because he could clearly recognise when something wasn't true.

He didn't follow ideas just because they were popular or impressive.

The Holy Spirit gives us the ability to discern — to tell what leads us toward Jesus and what leads us away from Him.

Main Activity — “What Helps Me Know What's True?”

One reflection box with two short prompts:

Write one message, idea, or opinion you've heard that didn't seem right or didn't match your faith.

(1–2 sentences — general, no names)

Write one thing that helps you figure out what's true (Scripture, prayer, Church teaching, advice from someone wise, your conscience, etc.).

(1–2 sentences.)

This directly connects to the gift of discernment.

Mini-Reflection (one line)

Finish the sentence:

“The Holy Spirit helps me recognise truth when _____.”

“Holy Spirit, give me wisdom to recognise what is true.

Guide my thoughts and protect my heart.

St. Athanasius, pray for me.”