

Faithful Even When Others Push Back

St. Athanasius faced intense opposition.

People argued with him, pressured him, and even exiled him — more than once.

But he stayed faithful because he trusted the Holy Spirit more than public opinion.

Confirmation strengthens us to remain faithful even when people push back.

Main Activity — “When My Faith Gets Challenged”

One reflection box with two short prompts:

Write one moment when you felt pressured, challenged, or questioned about your faith.

(1–2 sentences)

Write what a calm, faithful response could look like.

(1–2 sentences.)

This teaches steadiness under pressure.

Mini-Reflection (one line)

Finish the sentence:

“I can stay faithful even when _____.”

“Holy Spirit, help me stay faithful when others challenge my beliefs.

Give me strength, calm, and courage.

St. Athanasius, pray for me.”