

My Real-Life Courage Check

St. Barbara chose Christ even when it cost her everything. She didn't back down, even when people in her own life tried to break her faith. Shieldbearers begin the year by learning that courage isn't about being fearless — it's about holding on to Christ when it would be easier to stay silent.

Today's activity helps you think about where you need strength, and where the Holy Spirit is calling you to stand firm.

Prompt 1 — A Moment It Was Hard to Speak Up

“Think of a time you wanted to stand up for what was right, but it was difficult. What stopped you?”

Prompt 2 — Pressure From Friends or Classmates

“What is one situation where you feel pressured to fit in, even when you know it's not right?”

Prompt 3 — Where I Need Courage

“What is one place in your life where you need the Holy Spirit to make you stronger?”

Small Challenge for Today

Choose one moment today where you will stand firm — even if it's small.

For example:

- Not joining in when people mock someone
- Saying the truth even if it's awkward
- Refusing something you know isn't right
- Doing the right thing without needing to be noticed

“Holy Spirit, give me the courage to stand firm in my faith.

Help me choose what is right, even when it is difficult.

Saint Barbara, pray for me.”