

My Faith Under Pressure

St. Barbara faced pressure that most of us will never experience — yet her faith didn't collapse. She stayed loyal to Christ even when everything around her pushed against her.

Shieldbearers learn today to recognise what their own pressure points are — and how the Holy Spirit can strengthen them from within.

Section 1 — Where I Feel the Most Pressure

“Write down one situation where you feel the strongest pressure to hide or compromise your faith.”

Section 2 — What I Usually Do

“When this pressure hits, what do you normally do?

Do you: stay silent, give in, avoid it, stand firm, or something else?”

Section 3 — What Strength Would Look Like”

“If the Holy Spirit strengthened you in that moment, what would a stronger response look like?”

Personal Challenge — “One Strong Moment”

Today, choose one moment to respond with strength instead of pressure.

It may be:

- staying calm instead of reacting
- refusing to follow the crowd
- being honest when it matters
- standing up for someone quietly
- showing respect or kindness when others don't

“Holy Spirit, help me stand strong when I feel pressured.
Give me courage, wisdom, and peace in tough moments.
Saint Barbara, pray for me.”