

What Strong Faith Looks Like

St. Barbara didn't just say she believed in Jesus — she lived it.

Her actions showed courage, loyalty, and faith that couldn't be shaken.

Today, Shieldbearers look honestly at what lived faith looks like in their own lives — not in theory, but in the real choices they make.

“Three Signs of a Strong Christian”

Give them a sheet with three reflection boxes.

Each box asks them to think about one aspect of real strength in the Christian life.

Box 1 — Courage in My Choices

“Describe one moment when you chose what was right, even when it was hard.”

This helps them identify moral courage, even in small ways.

Box 2 — Faith When Life Is Not Easy

“When life gets stressful, discouraged, or unfair — what helps you keep your faith strong?”

Box 3 — Being a Light to Someone Else

“Name one person who needs encouragement or kindness this week. Write one small way you can be a light to them.”

Midweek Challenge — “One Act of Strength”

Shieldbearers choose one of these:

- Stand up for someone who is ignored or put down
- Refuse to join in negative talk or teasing
- Do something good for someone anonymously
- Keep a promise even when it's inconvenient
- Pray for someone who is difficult to get along with

“Holy Spirit, strengthen my faith.

Help me to act with courage,
to stay faithful when it's difficult,
and to be a light to others.

Saint Barbara, pray for me.”