

Standing Up for What Is Right

St. Catherine stood up for what was right even when powerful people disagreed with her.

She didn't let pressure push her into silence.

The Holy Spirit gives us the courage and wisdom to stand up for what is right in our own lives.

Main Activity — “One Right Thing I Need to Stand Up For”

One reflection box with two short prompts:

Write one situation in your life where you need to stand up for what is right (kindness, fairness, honesty, faith, respect).

(1–2 sentences)

Write one simple way you can stand up for what is right in that moment.

(1–2 sentences.)

Mini-Reflection (one line)

Finish the sentence:

“I can stand up for what is right by _____.”

“Holy Spirit, help me stand up for what is right.

Give me courage, wisdom, and peace.

St. Catherine of Alexandria, pray for me.”