

Mary, Mother of God, Protects My Faith

St. Cyril defended the title Theotokos — Mother of God — because it protects the truth that Jesus is truly God.

Mary always leads us to her Son and strengthens our faith.
Confirmation helps us recognise Mary as a powerful guide and protector in our Christian life.

Main Activity — “How Mary Helps My Faith”

One reflection box with two short prompts:

Write one way Mary helps you or inspires your faith (her courage, her purity, her ‘yes,’ her protection, her motherhood).

(1–2 sentences)

Write one way you want to ask Mary to help you this week.

(1–2 sentences.)

Mini-Reflection (one line)

Complete the sentence:

“Mary helps my faith when I _____.”

“Holy Spirit, help me stay close to Mary, the Mother of God.
May she guide and protect my faith as she leads me to Jesus.
St. Cyril of Alexandria, pray for me.”