

Truth with Charity

St. Cyril defended the truth boldly, but he also taught that truth should always be spoken with charity.

He didn't compromise what the Church believed, but he also didn't want truth used as a weapon.

Confirmation strengthens us to defend the faith with both courage and kindness.

Main Activity — “Strong but Kind”

One reflection box with two short prompts:

Write one moment when you wanted to defend something true or important.

(1–2 sentences, general, no names)

Write how you could defend the truth with kindness, not anger or pride.

(1–2 sentences.)

Mini-Reflection (one line)

Finish the sentence:

“I can defend the truth kindly by _____.”

“Holy Spirit, help me defend the truth with courage and charity.

Teach me to speak with both strength and love.

St. Cyril of Alexandria, pray for me.”