

When I Need to Defend My Faith

St. Cyril defended the truth about Jesus even when powerful people disagreed with him.

He didn't panic or stay silent — he trusted God and spoke clearly. Confirmation gives us the Holy Spirit so we can defend our faith calmly, wisely, and without fear.

Main Activity — “A Moment I Might Need to Defend My Faith”

One reflection box with two short prompts:

Write one situation where you might need to explain or defend your faith (gently, calmly, not aggressively).

(1–2 sentences)

Write what a peaceful, faithful response could look like.

(1–2 sentences.)

Mini-Reflection (one line)

Complete the sentence:

“The Holy Spirit helps me defend my faith by _____.”

“Holy Spirit, give me courage and calm when I defend my faith.
Help my words reflect Your truth and Your peace.
St. Cyril of Alexandria, pray for me.”