

# Truth That Doesn't Bend

St. Polycarp was an old man when he was arrested for being a Christian.

The authorities only wanted one thing from him: deny Christ.

He refused, saying:

“Eighty-six years have I served Him, and He has never wronged me.”

His courage came from knowing the truth deeply and refusing to bend it for anyone.

Today, Shieldbearers begin the week by thinking about the truths they believe — and how to stand firm in them.

## Section 1 — One Truth I Know About God

“Write one truth about God that matters to you.”

## Section 2 — Why This Truth Is Important

“Why does this truth matter in your life?”

## Section 3 — A Moment I Need This Truth

“Think of one situation in your life where this truth would help you stay strong.”

## Personal Challenge — “Hold to One Truth Today”

Choose one moment today to remember the truth you wrote, especially if things get stressful, unfair, or tempting.

“Lord Jesus, give me the courage to stand in the truth.

Strengthen my mind, my heart, and my choices.

Saint Polycarp, pray for me.”