

When People Want You to Change Your Beliefs

St. Polycarp wasn't pressured by strangers — he was pressured by people who thought they knew better, people who wanted him to change his beliefs to fit in. He didn't argue, panic, or hide.

He simply stood firm in the truth he knew was real.

Shieldbearers today learn how to recognise when people try to pull them away from what they know is right — and how to respond with clarity and courage.

Block 1 — When Someone Tried to Change My Mind

“Think of a time when someone tried to get you to go along with something you knew wasn't right. What happened?”

Block 2 — What They Said vs. What I Knew Was True

“What did they want you to believe — and what did you know was the truth?”

Block 3 — My Response Next Time

“If the same situation happened again, how could you respond with more confidence and strength?”

Practical Mini-Challenge for Today

Practice one quiet act of strength:

Choose one:

- Say a clear, calm “No” when pressured
- Walk away from a conversation that's going the wrong direction
- Refuse to join in something unkind
- Support someone who's being pushed around

“Holy Spirit, help me stay true to what I believe.
Give me strength when others try to change me.
Make me steady and faithful like St. Polycarp.
Amen.”