

Courage to Speak the Truth

When St. Polycarp was arrested, the officials tried to persuade him with arguments, promises, and threats. Instead of fear, he answered with calm truth.

He didn't shout.

He didn't argue.

He didn't insult anyone.

He simply spoke the truth clearly and confidently.

Today, Shieldbearers practise the same kind of courage – not noisy courage, but steady, respectful truthfulness.

Section 1 – A Truth I Need to Say More Often

“Write one truth about your faith or your values that you stay silent about too often.”

Section 2 – Why I Stay Silent

“What stops you from saying this truth?

Fear? Pressure? Not wanting to cause conflict? Worried what others think?”

Section 3 – How to Say It Calmly and Clearly

“Write a short, simple sentence you could say next time, respectfully and confidently.”

Midweek Courage Challenge – “One Sentence of Truth”

Today, Shieldbearers commit to using one calm sentence of truth if a situation arises.

Not dramatic.

Not loud.

Not confrontational.

“Holy Spirit, give me courage to speak truth with strength and peace.

Help me stay faithful, calm, and confident.

St. Polycarp, pray for me.”