

Courage When You Feel Targeted

St. Sebastian was a Roman soldier and a secret Christian.

When his Faith was discovered, he was tied to a tree and shot with arrows — yet he survived and went back to speak the truth again.

He shows Shieldbearers that courage isn't about never being hurt — it's about refusing to give up on Christ, even when life hits you hard.

This week focusses on courage under pressure — a key grace of Confirmation.

Reflection 1 — The 'Arrows' I Face

“What are the things in your life that make it hardest to stay faithful or stay strong?”

Reflection 2 — How I Usually React

“When these things ‘hit’ me, how do I normally react?”

Reflection 3 — How the Holy Spirit Helps Me Stand

“If the Holy Spirit strengthened you in that moment, what would a courageous response look like?”

Personal Challenge — “Courage in One Moment Today”

Each Shieldbearer quietly chooses one action today that requires courage:

- defend someone
- resist a temptation
- refuse gossip
- admit the truth
- not follow the crowd
- pray even if they feel self-conscious

Small steps build Confirmation strength.

“Holy Spirit, make me courageous when life feels difficult.

Give me strength to stand for what is right, even when it costs something.

St. Sebastian, pray for me.”