

Staying Faithful When It Gets Tough

When St. Sebastian was tied to the tree and shot with arrows, most people
would have given up.

But Sebastian didn't.

He didn't lose his faith.

He didn't become bitter.

He didn't walk away from Christ.

Instead, as soon as he recovered, he went right back to encouraging other
Christians who were struggling.

Today, Shieldbearers learn the Confirmation strength of perseverance —
staying faithful even when things get difficult.

Box 1 — Tough on the Outside

“Describe a situation when someone else makes faith difficult —
criticism, teasing, pressure, or negativity.”

Box 2 — Tough on the Inside

“Describe a time when staying faithful is hard because of your own
feelings — stress, temptation, tiredness, anger, or discouragement.”

Box 3 — Tough in Silence

“Describe a moment when you didn't say or do something wrong —
but you struggled quietly inside.”

Reflection Step — “What Perseverance Looks Like for Me”

“Write one sentence about what perseverance in Christ would look
like in just ONE of these situations.”

“Holy Spirit, help me stay faithful when life is tough.

Give me perseverance like St. Sebastian,
and help me grow stronger in Your grace each day.

Amen.”