

Helping Others Stay Strong

St. Sebastian didn't just survive persecution — he went back to encourage other Christians who were afraid, discouraged, or ready to give up.

This is one of the deepest Confirmation lessons:
the Holy Spirit strengthens us not only for ourselves but to strengthen others.

Today's activity shifts the focus:
Not "How I stay strong,"
but **"How can I help someone else stay strong?"**

Prompt 1 — Someone Who Needs Strength

"Think of one person in your life who is struggling, discouraged, stressed, or pressured.

Write their first initial (not their full name)."

Prompt 2 — What They Are Facing

"What makes life hard for them right now?"

Prompt 3 — One Way I Can Support Them

"Write one simple, respectful way you can help them stay strong."

Midweek Challenge — "A Quiet Act of Support"

Shieldbearers commit to one action today that strengthens someone else:

- stand beside someone
- encourage them privately
- defend them silently
- pray for them
- lighten their burden
- include them

"Holy Spirit, make me a source of strength for others.
Help me support those who are struggling,
and give me the courage to lift others up,
just as St. Sebastian did.
Amen."