

Today's Shieldbearer Challenge

Bl. Miguel Pro showed his love for Jesus not just in big moments, but in daily acts of courage and service.

He reminds us that discipleship is lived one choice at a time.

Today you will take on a Shieldbearer Challenge — a small, real act of courage or faith that honours Christ.

Shieldbearer Challenge

Choose ONE of the challenges below and complete it today:

- Do one hidden act of kindness for someone who needs encouragement.
- Say a quiet prayer for someone who is suffering or afraid.
- Stand up for someone being left out or teased.
- Choose honesty in a situation where it would be easier to lie.
- Refuse to join in gossip or unkind talk.

Write ONE sentence describing which challenge you chose and why.

(1 sentence only.)

Mini-Reflection (one line)

Complete the sentence:

“I want to honour Christ today by _____.”

“Holy Spirit, help me live today as a true Shieldbearer.
Give me courage, love, and faithfulness in all my choices.
Bl. Miguel Pro, pray for me.”