

Courage to Speak the Truth

St. Columba taught and preached with boldness because he trusted the Holy Spirit.

He knew that God's truth brings freedom and hope.

Confirmation strengthens us to speak the truth — not harshly, but with courage and love.

Main Activity — “A Moment When I Need to Speak the Truth”

One reflection box with two short prompts:

Write one situation where speaking the truth is hard (standing up for someone, being honest, refusing gossip, admitting a mistake, defending your faith, etc.).

(1–2 sentences)

Write how the Holy Spirit can help you speak the truth with courage and kindness.

(1–2 sentences.)

This equips Shieldbearers for real-life moral courage.

Mini-Reflection (one line)

Complete the sentence:

“I need courage to speak the truth when _____.”

“Holy Spirit, give me courage to speak Your truth.

Help me be bold and loving in every situation.

St. Columba, pray for me.”