

Standing Firm Under Pressure

Intimidation tries to make us afraid so that we will stay quiet or give in.
St. Eulalia trusted God more than she feared punishment.
Confirmation strengthens us to stand firm when others try to pressure
or scare us into doing what is wrong.

Pressure Recognition Exercise

Read the situations below.

Tick (✓) the ones that involve intimidation or pressure:

- ☐ Being threatened with punishment if you don't comply
- ☐ Being laughed at for your beliefs
- ☐ Being told to stay quiet "to avoid trouble"
- ☐ Being encouraged kindly to do what is right
- ☐ Being pressured by a group to go along with something wrong

Which type of pressure is hardest for you to resist, and why?

Mini-Reflection (one line)

Complete the sentence:

"With God's help, I will not be intimidated when
_____."

"Holy Spirit, strengthen me when I feel pressured or afraid.
Help me stand firm in truth like St. Eulalia.
St. Eulalia of Mérida, pray for me."