

Not Ashamed of My Faith

Fear of standing out can make us hide what matters most.

St. Justina was not ashamed to belong to Christ.

Confirmation strengthens us to live visibly as Catholics — with humility, courage, and confidence.

Visible Faith Discernment

Read the situations below.

Tick (✓) the ones where living your faith visibly takes courage:

- ☐ Making the Sign of the Cross in public
- ☐ Saying you are Catholic when asked
- ☐ Refusing to join in wrongdoing
- ☐ Praying quietly before meals
- ☐ Staying silent to avoid attention

Which situation above requires the most courage for you right now, and why?

Mini-Reflection (one line)

Complete the sentence:

“Jesus, give me courage to live my faith visibly when _____.”

“Holy Spirit, give me courage to live openly as a Catholic.

Help me belong fully to Christ without fear or shame.

St. Justina of Padua, pray for me.”