

The Same Faith Every Day

It is easy to act faithfully in church or around people who agree with us.
True witness comes from living the same faith every day, in all places.
St. Justina reminds us that belonging to Christ shapes our whole life,
not just certain moments.

Consistency Check

Read the statements below.

Tick (✓) the ones that show a consistent Christian witness:

- ☐ Acting the same whether people are watching or not
- ☐ Changing behaviour to fit in
- ☐ Speaking respectfully even when disagreeing
- ☐ Living faith only at church
- ☐ Letting faith guide daily choices

Why is consistency important for being a true witness of Christ?

Mini-Reflection (one line)

Complete the sentence:

“Lord, help me live my faith consistently when
_____.”

“Holy Spirit, help me live a consistent and faithful Christian life.
Teach me to witness to Christ every day like St. Justina.
St. Justina of Padua, pray for me.”