

Staying Faithful Under Pressure

St. Lucy refused to deny Jesus even when friends, officials, and enemies tried to force her to give in.

Her courage came from her trust in God and her love for the truth. Confirmation gives us the strength to resist pressure and stay faithful, even when others try to pull us away.

Main Activity — “Pressure I Need Strength to Resist”

One reflection box with two short prompts:

Write one type of pressure you face (to fit in, to hide your faith, to follow the crowd, to lie, to give in to temptation, to act against your values).

(1–2 sentences)

Write how the Holy Spirit can help you stay faithful and strong in that pressure.

(1–2 sentences.)

Identify real spiritual challenges and rely on the Spirit.

Mini-Reflection (one line)

Complete the sentence:

“I can stay faithful under pressure when _____.”

“Holy Spirit, give me strength to stand firm in my faith.
Help me stay true to Christ when life becomes difficult.
St. Lucy, pray for me.”