

Standing for the Truth

St. Maximus refused to change his beliefs even when powerful leaders demanded it.

He knew who Jesus truly was, and he defended that truth with extraordinary courage.

Confirmation gives us the strength to stand for the truth of our Faith, even when others disagree or challenge us.

Main Activity — “A Truth I Need to Stand For”

One reflection box with two short prompts:

Write one truth of the Catholic Faith that you believe is important to stand for (Jesus’ divinity, the Eucharist, the dignity of every human person, forgiveness, chastity, honesty, the Trinity, etc.).

(1–2 sentences)

Write how the Holy Spirit can help you defend this truth with courage, clarity, and respect.

(1–2 sentences.)

Mini-Reflection (one line)

Complete the sentence:

“I want to defend the truth of _____.”

Defending doctrine is part of your Confirmation identity.

“Holy Spirit, give me courage to stand for the truth.
Help me speak with clarity and love, like St. Maximus.
St. Maximus the Confessor, pray for me.”