

Speaking the Truth with Love

St. Maximus was firm in defending the truth, but he never used anger or cruelty.

He spoke with the wisdom of the Holy Spirit — with clarity, calmness, and charity.

Confirmation strengthens us not only to defend the truth, but to do so with love.

Main Activity — “How I Can Speak Truth with Love”

One reflection box with two short prompts:

Write about a moment when you need to speak the truth (standing up for someone, correcting a lie, resisting gossip, sharing your faith, refusing pressure to sin).

(1–2 sentences)

Write how the Holy Spirit can help you speak that truth with love — not anger, pride, or harshness.

(1–2 sentences.)

Mini-Reflection (one line)

Complete the sentence:

“I can speak the truth with love when _____.”

“Holy Spirit, help me speak the truth with courage and love.

Make my words reflect the heart of Jesus.

St. Maximus the Confessor, pray for me.”