

Knowing the Truth So I Can Defend It

St. Maximus defended the truth about Jesus with courage because he understood it clearly.

He knew what the Church taught and why it mattered.

Confirmation calls us not only to believe, but to learn the Faith deeply so we can defend it with confidence and love.

Main Activity — “One Doctrine I Want to Understand Better”

One reflection box with two short prompts:

Write one teaching of the Church that you want to understand more clearly (the Eucharist, the Holy Spirit, confession, Mary, sainthood, heaven, grace, the sacraments, the Incarnation, Scripture, etc.).

(1–2 sentences)

Write how understanding this teaching will help you defend your faith when questions or challenges come.(1–2 sentences.)

Mini-Reflection (one line)

Complete the sentence:

“I want to understand _____ so I can defend my faith better.”

“Holy Spirit, open my mind to understand the truth of the Faith.

Give me wisdom to defend it clearly and bravely.

St. Maximus the Confessor, pray for me.”