

Defending the Truth About Jesus

St. Nicholas fought to protect the truth that Jesus is truly God and truly man.

He knew that false teaching hurts souls, so he stood firmly for the Faith with boldness and love.

Confirmation makes us defenders of the truth — not by arguing, but by knowing our Faith and standing firm in it.

Main Activity — “One Truth About Jesus I Must Defend”

One reflection box with two short prompts:

Write one truth about Jesus that you believe is important to defend (His divinity, His Resurrection, His presence in the Eucharist, His mercy, His teachings, His identity as Son of God).

(1–2 sentences)

Write how the Holy Spirit can help you stand for this truth with courage and respect.

(1–2 sentences.)

Mini-Reflection (one line)

Complete the sentence:

“I want to defend the truth that Jesus _____.”

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

Give me a heart that defends the Faith like St. Nicholas.

St. Nicholas of Myra, pray for me.”