

# Shieldbearers Activity - Called and Chosen

## Part 1: A Letter from a Saint (Read & Reflect)

Start with a short, fictionalized "letter" inspired by a real saint (e.g., St. Barbara, St. Peter, or St. Catherine of Siena).

Each letter begins:

"Dear Shieldbearer,

You have been called by God, just like I was..."

(The letter continues with 34 sentences about courage, choosing faith, and trusting God's call.)

Then ask the students:

- What part of this letter stood out to you?
- What is the saint encouraging you to do?

## Part 2: Write Your Own Encouragement Letter

Prompt:

Imagine someone younger than you just joined the Saints Academy.

Write them a letter to encourage them. Use these 3 sentence starters:

- You are chosen by God to...
- When things get hard, remember...
- I will pray that you have the courage to...

Let them decorate their letter with symbols of courage, flames of the Holy Spirit, or saintly emblems.

## Optional Add-On: "Letter Exchange"

At the end, students can anonymously swap letters and read one another's words of encouragement just like saints in training supporting each other.

**“God chose you to be saved  
through our Lord Jesus Christ.”**

**(2 Thessalonians 2:14)**

**Dear Shieldbearer,**

---

---

---

---

---

---

---

---

---

---

**You are chosen by God to...**

---

---

**When things get hard, remember...**

---

---

**I will pray that you have the courage to...**

---

---

---