# Faithful and kind

Saint Athanasius

Think about what Athanasius believed and how he cared for others.

Name _____

### 1 Remember the faith

What important truth about Jesus did Athanasius defend?

*Athanasius taught that Jesus ...*

### 2 Remember a friend

How did other people help Athanasius keep serving when he was in exile?

*They helped him by ...*

### 3 Put faith into practice

You disagree with a friend. What could you say or do that is both truthful and kind?

*I could ...*

**Pray** Jesus, help me be brave, truthful, and kind. Amen.

**Go deeper** With an adult, find 'begotten, not made' in the Creed. It tells us that the Son is truly God, not something God created.