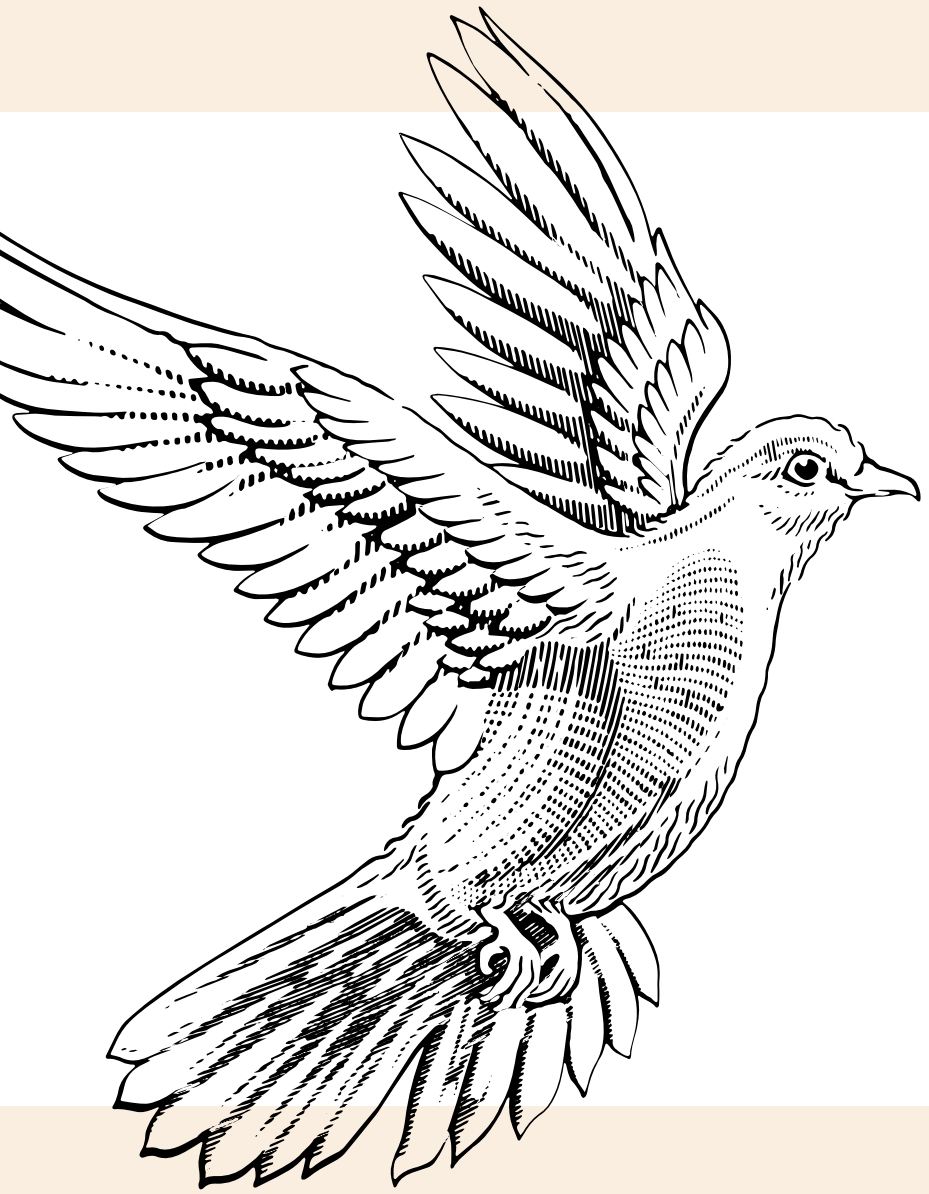


THREE TYPES OF MARTYRDOM

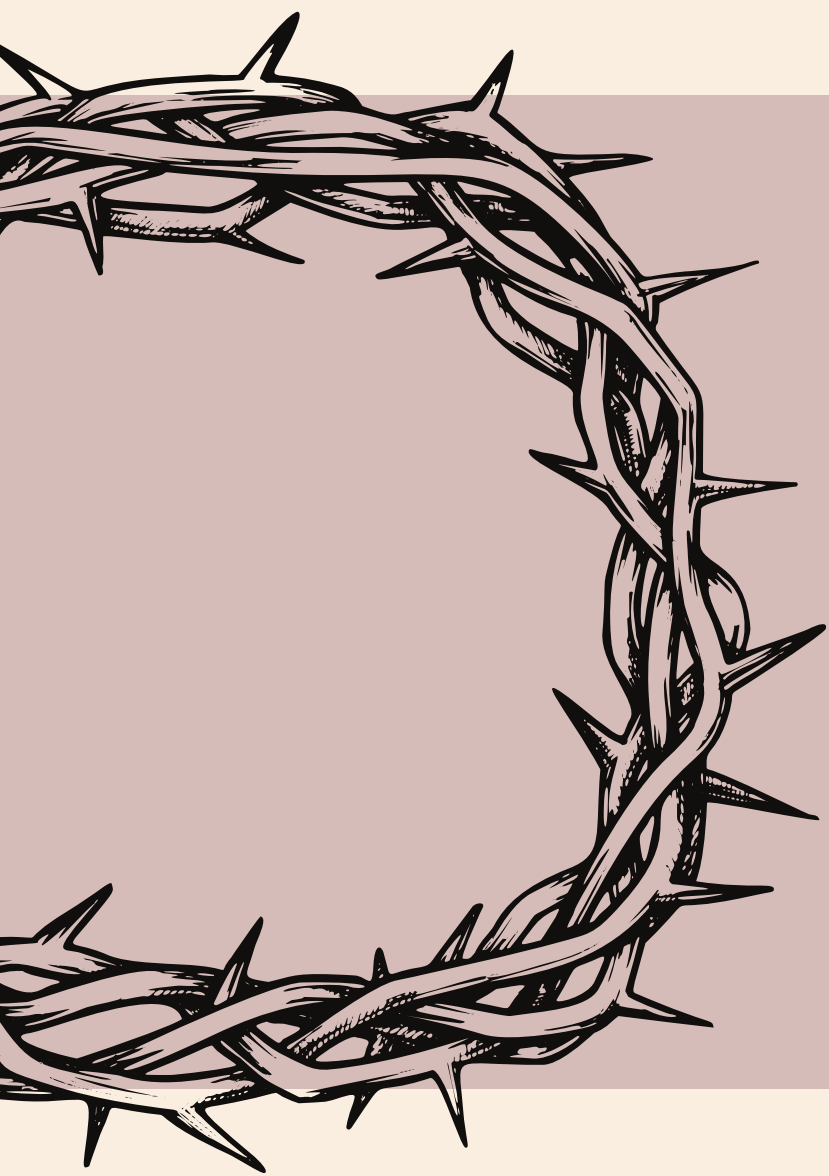


WHITE MARTYRDOM

A white martyr is one who lived sincerely for the faith, but did not necessarily suffer physically for it. They may have been persecuted without shedding blood, or lived a life deeply dedicated to God and separated from worldly attachments.

BLUE MARTYRDOM

Blue (or also known as green) martyrdom is characterized by strict self-denial, often through fasting and penance. Blue martyrs strived to master their desires and engage in acts of repentance out of love for God. The color blue alludes to the pallid appearance resulting from severe fasting.



RED MARTYRDOM

As the most extreme form, red martyrdom refers to one offering their own life as a witness to the faith. Red martyrs persevered in faith until their end, which was met with violent death and brutal persecution. The color red symbolizes the shedding of blood for the Church.