

Saint Projects – Choosing a Confirmation Saint

Choosing a saint name is an essential part of Confirmation and it is an acknowledgement that the Holy Spirit will change you through the grace of this Sacrament. We see in Scripture that Jesus changed the name of some of his disciples to signify that their role had been changed and that they were becoming, in a sense, a new person. For example, Abram became Abraham (Genesis 17:5), Sarai became Sarah (Genesis 17:15), and Simon became Peter (Matthew 16:18).

When choosing a saint, you should choose someone who exemplifies a quality that you wish to have, somebody whose life you want to emulate, or somebody you have something in common with. You should also be asking for the prayers and intercession of the saint that you choose. When you choose a saint, and begin to pray for their intercession, he/she becomes your patron saint for the rest of your life!

If you are a musically inclined, you might select St. Cecilia, the patroness of musicians and singers. If you admire purity, St. Maria Goretti, virgin and martyr, would be a great intercessor. There are thousands of saints that are acknowledged for a wide variety of reasons. (A list of a few of the saints is provided in this booklet for your reference as needed.)

SAINT RESEARCH

Your first assignment is to research at least 3 saints that you are interested in learning more about. Use the Saint Worksheets 1-3 (attached) to answer questions about each saint. You may not be able to answer every question on the worksheet for every saint, but fill in as much information as you can.

A good online resource you can use is www.catholic.org/saints. There are many other sites with good information available also, but make sure you use a catholic site.

This project should be completed at home with parents. Remember to turn in all 3 worksheets; one for each saint you choose to research.

CHOOSE YOUR SAINT NAME

After completing your research, your next assignment is to choose ONE of the three saints you learned about for your confirmation saint. When choosing, consider these questions: Is there a particular saint you relate to? What have you struggled with? (example: anxiety and worry – Saint Dymphna); What do you enjoy? (example: animals – St. Francis of Assisi); What talent has God gifted you with? (example: sports – St. Sebastian); What qualities do you value most? (honesty – St. Teresa of Avila). Make sure to ask God to help you choose a saint to whom you can relate and learn; a saint that you would like to have praying for you for the rest of your life.

Once you've chosen your confirmation saint, complete the CONFIRMATION SAINT worksheet.

Saint Worksheet #1

Your name: _____ Saint: _____

Choose a saint to research and write the saint's name in the blank above. Answer the questions below about this saint.

1. Locations

- a. Where and when was this saint born?

- b. Where did this saint grow up?

- c. Where did this saint live as an adult?

- d. Did this saint travel throughout his life? If so, where?

- e. Where and when did this saint die?

- f. Where is this saint buried?

- g. When, where and by whom was this saint canonized?

2. Age

- a. How old was this saint when he/she began their journey for holiness or heard their call from God?
- b. If this saint experienced a complete conversion that turned them to the Lord, at what age did this happen?
- c. How is this saint a good role model for young people your age?

3. Family

- a. Where was this saint from?
- b. Was there a family member who was particularly supportive of this saint as he/she grew up?
- c. What kind of influence did this saint's family have on him/her?
- d. How did this saint's family feel about the choices this saint made for his/her life?
- e. Did this saint have any role models or people he/she looked up to that were NOT family members? If so, who were they and how were they a role model for this saint?

4. Story

- a. What is the story for this saint?
- b. What was significant about him/her and his/her faith?
- c. Did this saint die because he/she was standing up for God or his/her faith? If yes, please explain.

- d. Did anything significant happen after the saint's death; or did anything become known after the saint's death about the saint or about something he/she did while alive?

 - e. Was this saint's journey toward holiness easy or difficult? Did this saint have more joy and happiness or suffering during his/her lifetime?

 - f. Why did others view this person as a saint? What did others see in him/her that was different or inspirational?
5. Anything else about this saint that you feel is significant or something that we should know?

Your thoughts?

1. What are your thoughts about this saint and how he/she lived his/her life?

2. Is there something in the story of this saint that you could apply in your life, or something you can learn from this saint? If so, what is it?

3. Is this saint someone you can relate to? What similarities are there between this saint's life and your own? What differences are there?

4. Is this a saint you might consider for your Confirmation saint? Why or why not?

Saint Worksheet #2

Your Name: _____

Saint: _____

Choose a saint to research and write the saint's name in the blank above. Answer the questions below about your saint.

1. Locations

- a. Where and when was this saint born?
- b. Where did this saint grow up?
- c. Where did this saint live as an adult?
- d. Did this saint travel throughout his life? If so, where?
- e. Where and when did this saint die?
- f. Where is this saint buried?
- g. When, where and by whom was this saint canonized?

2. Age

- a. How old was this saint when he/she began their journey for holiness or heard their call from God?
- b. If this saint experienced a complete conversion that turned them to the Lord, at what age did this happen?
- c. How is this saint a good role model for young people your age?

3. Family

- a. Where was this saint from?
- b. Was there a family member who was particularly supportive of this saint as he/she grew up?
- c. What kind of influence did this saint's family have on him/her?
- d. How did this saint's family feel about the choices this saint made for his/her life?
- e. Did this saint have any role models or people he/she looked up to that were NOT family members? If so, who were they and how were they a role model for this saint?

4. Story

- a. What is the story for this saint?
- b. What was significant about him/her and his/her faith?
- c. Did this saint die because he/she was standing up for God or his/her faith? If yes, please explain.
- d. Did anything significant happen after the saint's death; or did anything become known after the saint's death about the saint or about something he/she did while alive?

- e. Was this saint's journey toward holiness easy or difficult? Did this saint have more joy and happiness or suffering during his/her lifetime?
 - f. Why did others view this person as a saint? What did others see in him/her that was different or inspirational?
5. Anything else about this saint that you feel is significant or something that we should know?

Your thoughts?

5. What are your thoughts about this saint and how he/she lived his/her life?
6. Is there something in the story of this saint that you could apply in your life, or something you can learn from this saint? If so, what is it?
7. Is this saint someone you can relate to? What similarities are there between this saint's life and your own? What differences are there?
8. Is this a saint you might consider for your Confirmation saint? Why or why not?

Saint Worksheet #3

Name: _____

Saint: _____

Choose a saint to research and write the saint's name in the blank above. Answer the questions below about your saint.

6. Locations

- a. Where and when was this saint born?
- b. Where did this saint grow up?
- c. Where did this saint live as an adult?
- d. Did this saint travel throughout his life? If so, where?
- e. Where and when did this saint die?
- f. Where is this saint buried?
- g. When, where and by whom was this saint canonized?

7. Age

- a. How old was this saint when he/she began their journey for holiness or heard their call from God?
- b. If this saint experienced a complete conversion that turned them to the Lord, at what age did this happen?
- c. How is this saint a good role model for young people your age?

8. Family

- a. Where was this saint from?
- b. Was there a family member who was particularly supportive of this saint as he/she grew up?

- c. What kind of influence did this saint's family have on him/her?
 - d. How did this saint's family feel about the choices this saint made for his/her life?
 - e. Did this saint have any role models or people he/she looked up to that were NOT family members? If so, who were they and how were they a role model for this saint?
9. Story
- a. What is the story for this saint?
 - b. What was significant about him/her and his/her faith?
 - c. Did this saint die because he/she was standing up for God or his/her faith? If yes, please explain.
 - d. Did anything significant happen after the saint's death; or did anything become known after the saint's death about the saint or about something he/she did while alive?
 - e. Was this saint's journey toward holiness easy or difficult? Did this saint have more joy and happiness or suffering during his/her lifetime?
 - f. Why did others view this person as a saint? What did others see in him/her that was different or inspirational?

10. Anything else about this saint that you feel is significant or something that we should know?

Your thoughts?

9. What are your thoughts about this saint and how he/she lived his/her life?

10. Is there something in the story of this saint that you could apply in your life, or something you can learn from this saint? If so, what is it?

11. Is this saint someone you can relate to? What similarities are there between this saint's life and your own? What differences are there?

12. Is this a saint you might consider for your Confirmation saint? Why or why not?

Student's Name: _____

CONFIRMATION SAINT WORKSHEET

1. Which 3 saints did you research?
 - a.
 - b.
 - c.
2. Which saint did you choose for your patron saint (confirmation name)?
3. What did you find most interesting about him or her?
4. What is he/she the patron saint of? (I.e. sports, animals, bee keeping, etc.?)
5. Why did you pick this particular saint?
6. What do you have in common with this saint?
7. Are there other reasons you chose this saint? If so, please explain.