

Saint Research Project

Choosing a patron Saint is an important part of the Confirmation preparation process. In the Roman Catholic Church, the sacrament of Confirmation is a sacrament of initiation. Once you have received the sacrament of Confirmation, you are considered an active adult in the Church. One aspect of receiving Confirmation is that you are asked to choose a saint for your Confirmation name. This new name signifies your change in status - you are now fully initiated into the Catholic faith. Further, the saint whose name you choose becomes a patron saint in your new endeavor to grow in the life of faith as an adult. To choose a saint's name for your Confirmation is not necessarily easy.

Saints are as unique & diverse as the rest of humanity. Although there are far more saints in heaven than there are canonized (official) saints, each canonized saint has a specific & individual path to sainthood which is intended to be an example to the rest of the Church. Read a general overview of the lives of the saints, or find a website which gives brief biographies of each saint. Does any saint's life story particularly appeal to or inspire you? This could be your Confirmation saint.

There are many saints who died or were martyred while they were children or teenagers. If you are being confirmed as a teenager, a youthful saint might be a good choice for your confirmation saint. For example, St. Agnes or St. Cecilia were both martyred as young women.

Do you have any serious hobbies or interests? If so, there is a patron saint for almost any hobby, interest, or sport. The patron saint of your favorite enthusiasm could be a good choice for your confirmation saint. For example, if you love learning, St. Thomas Aquinas could be a good saint. Or, if you prefer sports, St. Sebastian could be your patron.

Do you want to perfect a specific virtue in your life? There are saints who exemplify every virtue. For example, St. Maria Goretti is the patron saint of chastity.

Do you feel particularly called to married life, or to religious life? If so, there are saints who provide excellent examples of both vocations. If you feel drawn to married life, perhaps St. Joseph would be a good saint to choose. If you feel called to religious life, perhaps the founder of a religious order you are fond of would be a good choice (for example, St. Dominic or St. Benedict).

No matter who you choose, remember to pray to your Confirmation Saint often as you navigate your new life as an adult in the Church!



Name: _____

Stage #1 – Possible Saints to select

Stage #2 – Research

Why are you choosing this Saint?

What do you know about this Saint?

How will you nurture your relationship with this Saint?

What qualities of your life do you share with the life of this Saint?

Stage #3 Final Decision

The Saint I chose: _____