

# ▶ How to CHOOSE A CONFIRMATION SAINT

## What is Confirmation Saint?

- A Confirmation Saint is someone who will become your spiritual friend and guide.
- This Saint will help you grow in the grace you receive at Confirmation.
- When you are Confirmed, the Bishop will call you by your Saint's name as a sign how close the friendship between you and the Saint will become.

## How do you pick one?

1. **Pray for guidance** by asking the Holy Spirit to help you make a good choice.
2. **Think about your own faith.** What are your strengths, weaknesses, hopes and concerns?
3. **Research various Saints** (including your baptismal Saint). Read about their lives and see if there is one that shared important aspects of your life.
4. **Seek advice.** Once you think you know who your Saint will be, share this with your parents, family members, priest, sponsor, etc. and ask them if they think it is a good fit.
5. **Create a connection.** Once you have made your final choice, continue to learn about your Confirmation Saint and ask them to pray for you regularly.

## Keep in mind!

- **YOUR CONFIRMATION SAINT ALSO CHOOSES YOU!** They have wanted to be friends with you your whole life... and now that friendship gets to start. Because they want this friendship so much, you can be sure they will always be there for you when you need them.

***“Faithful friends are a sturdy shelter;  
Whoever finds one has found a treasure.***

***Faithful friends are beyond price;  
No amount can pay for their value.”***

- Cf. Sirach 6:15-15



### Some Saints to consider.

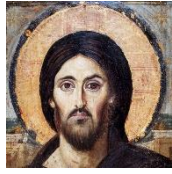
- **St. Augustine of Hippo** – Went from bad boy to great leader.
- **St. Bernadette Soubirous** – A humble girl who had visions of Mary.
- **St. Catherine of Siena** – One of the most influential women in the Church’s history.
- **St. Cecilia** – Patron Saint of music and musicians.
- **St. Denis** – Taught people how to pray the Rosary.
- **St. Elizabeth of Seton** – Started schools and promoted education.
- **St. Francis of Assisi** – Loved the poor, honoured God’s creation.
- **St. Gianna** – Patron Saint of mothers, physicians and unborn children.
- **St. Joan of Arc** – A courageous young warrior who led France to victory over its enemies.
- **St. John the Apostle** – The very close friend of Jesus who wrote the last Gospel.
- **St. Joseph** – Foster father of Jesus, patron of the whole Catholic Church.
- **St. Kateri** – A native American convert who was known for her courage and purity.
- **St. Mary** – The Mother of Jesus, Queen of Heaven and the greatest example of holiness.
- **St. Michael** – The Archangel who defeated the Devil and helps us fight evil.
- **St. Padre Pio** - Received many signs and wonders from God.
- **St. Peter** – The first leader of the Catholic Church and one of Jesus’ closest friends.
- **St. Sebastian** - A Roman soldier who died for his faith and is the patron of athletes.
- **St. Teresa of Avila** - One of the greatest teachers of prayer in the Church.
- **St. Thérèse of Lisieux** – The “Little Flower” who teaches us to love God in small ways.
- **St. Thomas Aquinas** – The greatest thinker in the history of the Catholic Church.

**Don't forget!!!**

**You will need to submit a report on your Saint (see page 3 below) at Gathering 5 of the Confirmation program.**

**Get started now researching your new friend :)**





My Saint's

# Profile

Name: .....

Birthday: .....

Hometown: .....

Main Language: .....

Profession: .....

Standout Qualities: .....

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Great Success: .....

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Great Setback: .....

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Why I Chose Them: .....

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