

## The Saints, our Teachers

We are all members of this communion of saints (living and dead) in the family of the church. We are one among many of this mystical body of Christ, Jesus as the head and each member doing good contributes to the welfare of all.

Saints are like us, they are real, truly human. They are sinners, they are repentant children of God. They experienced suffering, joy, pain, broken promises, peace, frustration, war injury, heartbreak...they know our hearts. But mostly, they know what it takes to be united with God here on this messy earth. They know what it takes to live well for Him.

Why a saint for Confirmation? We realize the difficult journey ahead and accept help not just in the name of the saint that we choose, but by their life story serving as an inspiration and a lesson for us.

Pick a saint who speaks to you somehow. Know their story. But mostly know the power of their prayer. Ask for their intercession as you would ask a favor from a friend, and how you have that connection and trust in that friend whom you rely on.

There are saints that are known for their heroism, there are also modern day saints, saints with cool conversion stories, and saints that you can invoke for a very specific intention.

### CHOOSE A NAME BASED ON SHARED TRAITS

Specific virtues that your saint might exhibit include patience, perfection, humility, diligence, mortification, meekness, obedience, prayer, charity or simplicity. Consider which trait(s) correlate best with who you are.

### CHOOSE A NAME BASED ON YOUR HOPES FOR THE FUTURE

Look at the feast day of the saint on the day you were born. Search for a patron saint that shares your interest or causes. Pick a saint that you aspire to be.

Here are some questions that can help you.

- When was he/she born? Where did he/she live?
- What made them stand out?
- What are they known for?
- What do you have in common with this saint? In what way do you aspire to be like this saint?

Last but not the least, pray, pray, pray to your chosen saint. Be their friend and make them your friend as well.

If you need assistance finding more information on saints, ask your sponsor or your Godparents. You can also reach out to your teachers or check this website [Biggest and Best List of Confirmation Saints \(for Guys and Girls\) - LifeTeen.com for Catholic Youth](#)

# PROFILES OF THE SAINTS

Below are spaces for the profiles of two saints. From the handouts you received, fill in a separate profile for each saint. If you want, you can draw a picture of how you think that saint looked.

## Profile of a Canonized Saint:

Saint's name \_\_\_\_\_

Where born \_\_\_\_\_

Years this saint lived \_\_\_\_\_

This saint is well known for \_\_\_\_\_

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Good works this saint did \_\_\_\_\_

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Ways people knew this saint was holy \_\_\_\_\_

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