



SACRED HEART *of* JESUS
CATHOLIC PARISH AND SCHOOL

Confirmation Research Saint Project

The gift of faith has been handed down through generations, by our family, friends, and all of the faithful men and women throughout the centuries. This is especially true of those the Church recognizes as being in Heaven: our Saints. As Catholics, we believe that the Saints are with God, and thus intercede on our behalf when we pray to them for help. As a candidate for the Sacrament of Confirmation, you are encouraged to choose a Saint to whom you may turn throughout your life and during this time of preparation as a source of spiritual strength and guidance.

Saints were ordinary people who strove to do God's will. When St. Teresa of Calcutta was questioned by a TV interviewer who asked, "What are you trying to do, become a Saint?" she responded, "Yes. Shouldn't we all strive for that?"

There are two additional suggestions to consider as you think about your choice. You may choose to use your present baptismal name (first or middle name) which would symbolize a sacramental connection with your Baptism and Communion as Sacraments of Initiation. Using your baptismal name could demonstrate that you feel there has been a continual growth in your faith and that you continue to accept living in Christ and desire to be strengthened with the graces of the Sacrament. Or, you may choose the name of a Saint that you have spent time learning about who is an example of how a true follower of Christ lives. By doing so, this choice could symbolize for you a renewal in dedication on your journey of faith. You might consider this if you feel that you have not been particularly strong in your faith commitment but are willing to make a renewed commitment to Christ and the Catholic community. Your commitment could be symbolized with the taking of a new name.

My full baptismal name is _____

My parents chose this name because _____

Saint your sponsor chose for his or her Confirmation: _____

Why did your sponsor choose him/her as their Confirmation Saint? _____

Confirmation Saint Research Project

Your first assignment is to research at least 3 Saints that you are interested in learning more about. Use the Saint Worksheet below to answer questions about each Saint. A good online resource you can use is <https://www.catholic.org/saints/>. There are many other sites with good information available also, but make sure you use a Catholic website.

Research Saint #1

Saint's Name _____

Saint's Feast Day _____

Patron Saint of _____

What made you interested in this Saint? _____

Research Saint #2

Saint's Name _____

Saint's Feast Day _____

Patron Saint of _____

What made you interested in this Saint? _____

Research Saint #3

Saint's Name _____

Saint's Feast Day _____

Patron Saint of _____

What made you interested in this Saint? _____
