

Saint Project

Why do we choose a Saint name for Confirmation?

As we go through our sacramental preparation for Confirmation, Confirmation Saints are chosen to be a person we want to be like, as well as someone who can pray for us from heaven.

In choosing a Confirmation Saint, we are choosing a special friend to intercede for us in heaven and after who we can model our lives while here on earth.

Each Saint shows us how to live holy lives in practical, everyday, ways. Not every Saint did extraordinary things, but as St. Theresa of Calcutta said, “you do small things with great love.” The Saints show teens that it is ok to be who you are, just as God made you to be.

Things to think about when choosing a saint name

- Are there Saints you are drawn to? Their life story, what they are known for, or perhaps they share a common interest.
- Look at Saints whose feast days fall on your birthday.
- Family connection – Saints with names of family members you’ve connected with (grandparent, aunt or uncle, etc.)
- Family heritages – is there a Saint from the country or region your family is from?
- The meaning of the Saint’s name may speak to you.
- You may like the name of the Saint. Research that Saint and get to know more about them.

Saints Project Guidelines

Your paper should include the following information. It may be handwritten or typed.

1. Picture of your saint either from a website, scanned image, or your own artwork.
2. The Feast Day for that saint written in sentence form please. (1 sentence)
3. The date of their birth, and the date of their death written in sentence form please. (1 or 2 sentences)
4. 3 interesting facts about this saint written in sentence form. (3 sentences)
5. Why this particular saint would be a good candidate for your confirmation name written in sentence form. (At least 5 sentences)