

# Confirmation SAINT Reflection Paper

You are symbolically committing to a deeper desire for holiness by choosing to ADD your chosen saint's holy influence into your spiritual identity.

Before you start your report, take one more moment of prayerful pause. **Listen to [Bishop Barron](#)** so you understand more of the depth of choosing your Saint name and its purpose with Confirmation

Remember, as Catholics, we believe in the Communion of Saints. We believe that the saints in heaven are examples for our life, intercede for us, and can help us to be strong disciples of Christ.

The purpose of this report is to explain WHY you CHOSE (and connect to) your specific saint. It is NOT to copy and type lots of biographical information.

## Good websites for research:

- <https://mycatholic.life/saints/> search by first name, great picture and bio
- <https://www.catholic.org/saints/> – alphabetical list, day of the month list, popular saints
- <http://www.catholic-saints.info/patron-saints/> – patron of occupations and hobbies
- <https://catholicsaints.info/> - Category listing
- Type in your saint's name to your search browser, see what websites comes up that are Catholic bases (not Wikipedia. Sometimes there are videos with information so you can listen and learn
- Contact Ms. Julie, to set up a time to check out resources in the RE office.

*If you are choosing a saint name partially because it is the name of someone you admire here on earth – the report should include your reason for choosing, for example, your grandmother's name. **However, the report MUST be based on the qualities of the saint's life.** You can then include in your report how the person you admire here on earth lives out the qualities and faith of the saint's guidance you are choosing to follow.*

## **At some point in DASH 3, the report will be posted as Google Assignment**

*Take the time to truly read, research, write, learn about the prayer life of your saint.*

**Your report should be: TYPED in font size 12 of a normal font** (Calibri or Times New Roman);  
**single space or 1.25 space; at minimum 1 page in length**  
*though some of you will easily need 2 pages.*

*Next page tells you WHAT to write/research.*

**Please put your First & Last Name on the First page.**

This is a research paper, just less formal. Answer fully the questions in complete sentences.

*\*Italicize any writing that is not your own (taken from a website or book.)\**

Realize that the report should NOT be full of italic writing everywhere **because this is more you telling me WHY you chose them, what you like about them, how they will impact your life and your future.**

The points below are things to answer but are not paragraph points.

You decide how to make your paper flow nicely.

HEADER of paper should be your chosen Saint's FULL name  
(i.e. St. Elizabeth of Hungry)

✦ **1<sup>st</sup> Point: BIO on your Saint:** Include any and all biographical/historical information **you feel is important.** Make sure to include

- Where they lived/what they did/possibly how they died
- Why they are a saint/what **MIRACLES** they did (*they have to do 3 to be canonized*)
- Why those facts may or may not connect with you

✦ **2<sup>nd</sup> point:** Of what are they the **PATRON SAINT and when is their feast day?** Why did they receive this title? **How does this apply to you and what you want to do in your future?**

✦ **3<sup>rd</sup> point: WHY did you choose this Saint?**

(Remember, if you chose the name Elizabeth because it is your Grandma's or sponsor's name, please share that here. BUT you HAVE to talk about the person (saint) in heaven you are calling upon to help guide you and WHY you want that specific SAINT'S qualities in your life.)

*\*\*What qualities of this saint do you want in your own life?*

**\*\*What did your saint accomplish in their lifetime that you admire?** i.e.

- How did they live, share, defend the Catholic faith?
- How do you see the Holy Spirit working in them through the amazing things they accomplished?
- What did they do that is "cool" (to you) that helps you know it is good to be holy, follow God, and make good choices?

✦ **Final section:** Share what you can about the saint's

**1)** prayer life & their relationship with Jesus (*many saints have a very defined spirituality – way of connecting to God, which is why orders are named after them*)

**2)** Conclude with your own personal 'prayer,' as in something YOU WRITE and **not** a prayer already written, **to ask this saint to intercede for YOU and what you need help with to grow strong in your faith as you journey towards Confirmation.**