

# CONFIRMATION

## Saint Reflection Paper Instructions

During Confirmation prep, candidates are encouraged to choose a Saint name as their Confirmation name. It is important to have a Saint in heaven to pray for you and intercede on your behalf, and to have the life of a saint as a model for your own life. The chosen Saint name is the name the Bishop will use to Confirm each Candidate. You will wear a name tag on the Confirmation ceremony date with your Saint name, not your real name.

### Instructions:

Write a 1-2 page reflection 12 pt. font double spaced. It may be emailed to [suzette.hildebrand@stdominic.net](mailto:suzette.hildebrand@stdominic.net) or turned into the parish office by Nov. 1<sup>st</sup>. Ironically, I chose all saints day as the deadline - completely unintentionally.

You can do online research, read books, and ask others in your life like your parents, sponsor, or your small group leaders. Wikipedia is NOT a reliable information source. Your paper should include:

- Why you chose this particular Saint
  - Could be the name of a family member or friend you look up to
  - Patron saint of \_\_\_\_\_ (something that interests you/you are passionate about)
  - After you did some research, you related to a particular saint. Whether it be their interests or certain life or spiritual challenges
  - If you are using your Baptismal name, why were you named that name
- A summary of the life and spirituality of your saint
  - How was their faith important to them? How did they live out their faith?
  - What was their life like? What challenges did they face?
  - What inspires you about the life of your patron saint you selected
- In what ways do you desire to grow to be more like this Saint?
  - What virtues did your saint display that you would like to develop?

**Note from Sami:** This assignment really shouldn't take more than 30 mins – 1 hr. Put some thought and effort into it, but don't stress too much! I'm more so looking to see that you put thought into it than it being perfect. Also, you can already start to ask this saint to pray for you before you even get Confirmed!

### Resources:

<https://lifeteen.com/blog/biggest-best-list-confirmation-saints-guys-girls/>

<https://www.catholic.org/saints/>

Can also search by 'Patron saint of \_\_\_\_\_' on this link: <https://www.catholic.org/saints/patron.php>

<https://mycatholic.life/saints/>