

Confirmation Saint Worksheet (2025-2026)

Saint Rita Catholic Church

Choosing a saint for your Confirmation is a wonderful aspect of this journey! Because of the deep connection between Baptism and Confirmation, a candidate can choose a saint whose holiness and charitable works inspire them and reflect the values for which they strive, whose name they will take as their own as they are Confirmed.

Why are you being asked to choose a saint?

Who are the saints?

The saints aren't just dead people illustrated in stained glass windows and on holy cards. The communion of the saints is: "The communion of holy persons in Christ who died for all, so that what each one does or suffers in and for Christ, bears fruit for all." (Catechism of the Catholic Church, 961)

All of these saints who came before you are part of your extended family. They are those wonderful relatives who are praying for you and rooting for you to get to Heaven.

Why Should I Choose a Confirmation Saint?

So just for a minute think about some relative to whom you admire or a cousin that you really wish you could be like and then imagine that this person has been declared a saint and you could ask him to pray for you! Wouldn't that be great? Well, that's exactly what you get when you choose a Confirmation saint - someone to emulate for his or her holiness and someone to intercede for you in Heaven.

How do I pick a saint for Confirmation?

First of all, don't treat this as a box to check off and pick Mary or St. Peter just because you have a vague idea about their life.

1. Pray! Ask the Holy Spirit for guidance in choosing a saint that will be best for you.
2. Do some research! Browse a library of patron saints online or get a good book of saints to read. You can get a comprehensive saint dictionary, a book of modern saints,

or if you are really ambitious you can get the four-volume Butler's Lives of the Saints.

3. While you are reading about the saints ask yourself what do you have in common with this saint? Why you are drawn to some more than others? Is it because they were courageous in speaking about the Faith? Were they drawn to helping the poor? Did they have an occupation that you are interested in or have a family like yours?

4. As you start to narrow down the saints you are interested in, think again about the reasons to choose one. Is this someone I look up to and want to emulate? Is this someone whom I want to spiritually "have my back?"

Once you have decided on your saint, see if there is a good book just about that particular saint or a YouTube video, article, or movie, so you can get to know them better. Start asking him or her for guidance and the courage to take your reception of the sacrament of Confirmation seriously.

Your Full Name: _____

Some helpful links before filling this worksheet out:

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

https://www.youtube.com/watch?v=em1WUHTk_Mo

<https://www.franciscanmedia.org/source/saint-of-the-day/>

<http://catholicsaints.info/>

<http://catholicsaints.info/patronage-topics/>

“Follow the saints, because those who follow them will become saints.”

Pope Saint Clement I

“If you want to get wet, go out to where it is raining; If you want to be a saint, find one and hang out with him.”

Peter Kreeft

“There is no saint without a past, and no sinner without a future.”

Saint Augustine

1. Were you named after a saint? If yes, what saint? Why?

2. What saints are patrons of your interests/passions? (For example, St. Cecilia is the patron saint of musicians, St. Francis of Assisi is the patron saint of animals, Our Lady of Guadalupe is the patroness of Mexico, etc.)

a. Interest/Passion: _____ Saint: _____

b. Interest/Passion: _____ Saint: _____

c. Interest/Passion: _____ Saint: _____

3. Confirmation Saints of your Friends and Family. Ask your family and sponsor(s) about their Confirmation saints and answer:

Why did they choose that saint?

How did they pick them?

What stood out to them about that saint?

a. Sponsor

b. Parents

c. Siblings

d. Other family members/friends

4. Feast Days (2-4 sentences each)

a. Choose one saint whose feast day is on your birthday. What can you tell us about him/her?

b. Choose one saint whose feast day is on the date of your baptism. What can you tell us about him/her?

5. Are there any saints you already know about and like? Why do you like them?

Saint Selection:

What saint are you choosing for your Confirmation name?

Why are you choosing this saint?

How do you think this saint can help you prepare for Confirmation and live a Christian life after you are confirmed?

Please answer with at least a paragraph (five sentences).

Student Signature: _____ Date _____

Return this paper by: End of December 2026

