

## Sacred Heart Religious Education

A great part of preparing to receive the sacrament of Confirmation is choosing the name of a Saint who especially inspires you in faith and whom you admire and look up to.

You will take the name of this Saint at your Confirmation and keep it for life. It is important to know about this Saint and their life so that this knowledge will inspire you further in your life as a Catholic.

We require a minimum 3-page report on the Saint you picked for your Confirmation name.

The Report is required to cover the following:

- Life of the Saint (birth, family, where did they live, what did they do, how and when did they die?)
- Ministry of the Saint (What did this person do to help others/be like Christ?)
- Sainthood (Why is this person a saint? What Miracles are attributed to this saint?)
- Why this Saint? (Why did you choose this saint's name as your Confirmation name?)
- What can you learn from this Saint, and how can you use you them to guide you in your own life?
- What is this Saint the Patron of? When were they Canonized / when did they become a Saint?

To aspire to be like a saint is the same as trying to imitate an actor, musician, or athlete; a confirmation saint is someone cool who we want to be like!

You may have a famous actor, musician, or athlete that you really admire for their talent and skill. What many people don't realize is that there are good people to look up to within our Church, for us to try to be like as well. It is common for us to think that only adults can become saints, but that is wrong.



### How to Pick a Name

The first thing you should do is pray.

Ask the Holy Spirit for guidance in choosing a saint that will be best for you.

**Don't pick the saint, let the saint pick YOU!**

The second thing you should do is some research.

Browse a [library of saints](#) online or get a good book of saints to read.

While you are reading about the saints ask yourself 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, interest or hobby that you are interested in or have a family like yours?

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 who I want to spiritually "have my back"?

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The report should be in **YOUR OWN WORDS!** NOT copied word for word from the internet or a book!! Anything that IS copied word for word should be in quotes, and at the end of the report you should list from where you took the information!

Copying others work word for word is **the sin of plagiarism**, which is **stealing** another's work as your own! Stealing is also breaking one of the 10 commandments.

Each bullet should get a **minimum** of one paragraph.

The paper should be typed, Times New Roman, 12 pt. font.

Double spacing is preferred.

**DUE DATE: January 31, 2022**

***It is important to remember that as members of the Church, we are never alone, as St. Paul said, 'We are surrounded by so great a cloud of witnesses.***

***These witnesses are the saints who continually intercede for us; in choosing a confirmation saint, we are choosing a special friend to intercede for us in heaven and after whom we can model our lives while here on earth.***

***You can't call up a famous person you want to be like and ask them for help, but your Confirmation saint is someone who you can talk to whenever you need them, and they will always have your back!***

## EACH SAINT MODELS HOLINESS FOR US

Each Saint shows us how to live holy lives in practical, everyday ways. Not every Saint did extraordinary things, but as St. Thérèse of Lisieux said, you do small things with great love. Currently, in our world, everyone seems to be seeking fame, popularity, and fortune, or to be the latest person trending on Twitter.

The Saints show us that it is ok to be who you are, just as God made you to be.

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