



Confirmation Saint Project

Set: Monday 19th January 2026

Due: Monday 23rd February 2026

Speed Sainting Event: Wednesday 11th March 2026 3.30-4.30pm

Choosing a saint name is an essential and very special part of Confirmation; it is an acknowledgement that the Holy Spirit will change you through the grace of this Sacrament. We see in Scripture that Jesus changed the name of some of his disciples to signify that their role had been changed and that they were becoming, in a sense, a new person. For example, Abram became Abraham (Genesis 17:5), Sarai became Sarah (Genesis 17:15), and Simon became Peter (Matthew 16:18). This new name, imposed by the bishop during your Confirmation, will become a part of your full name. It comes after your first and middle names and before the last name.

You have already researched some different saints and considered how they responded to the call of Christ. Now you need to narrow this down to choose the Saint who inspires you the most and therefore whose name you would like to adopt during the Sacrament of Confirmation.

When choosing a saint, you should choose someone who exemplifies a quality that you wish to have, somebody whose life you want to emulate, or somebody you have something in common with. You should also be asking for the prayers and intercession of the saint that you choose. When you choose a saint, and begin to pray for their intercession, he/she becomes your patron saint for the rest of your life! You can pray to them for guidance and protection.

If you are a musically inclined, you might select St. Cecilia, the patroness of musicians and singers. If you admire purity, St. Maria Goretti, virgin and martyr, would be a great intercessor. There are thousands of saints that are acknowledged for a wide variety of reasons.

When choosing, consider these questions: Is there a particular saint you relate to? What have you struggled with? (example: anxiety and worry – Saint Dymphna); What do you enjoy? (example: animals – St. Francis of Assisi); What talent has God gifted you with? (example: sports – St Sebastian); What qualities do you value most? (example: honesty – St. Teresa of Avila). Make sure to ask God to help you choose a saint to whom you can relate and learn - a saint that you would like to have praying for you for the rest of your life.

Be prepared to present your project at our Speed Sainting Event on Wednesday 11th March 2026. These will then be taken to Church to display to the parish.

Even if you are not being Confirmed, you should still complete this project. Consider why this Saint inspires you and why you have chosen them in particular to research and present

Project:

Once you have chosen your Confirmation Saint, create a poster or some sort of project all about them. Consider the following questions as a guide to help you with your research:

Locations

- Where and when was this saint born?
- Where did this saint grow up?
- Where did this saint live as an adult?
- Did this saint travel throughout his life? If so, where?
- Where and when did this saint die?
- Where is this saint buried?
- When, where and by whom was this saint canonized?

Age

- How old was this saint when he/she began their journey for holiness or heard their call from God?
- If this saint experienced a complete conversion that turned them to the Lord, at what age did this happen?
- How is this saint a good role model for young people your age?

Family

- Where was this saint from?
- Was there a family member who was particularly supportive of this saint as he/she grew up?
- What kind of influence did this saint's family have on him/her?
- How did this saint's family feel about the choices this saint made for his/her life?
- Did this saint have any role models or people he/she looked up to that were NOT family members? If so, who were they and how were they a role model for this saint?

Story

- What is the story for this saint?
- What was significant about him/her and his/her faith?
- Did this saint die because he/she was standing up for God or his/her faith? If yes, please explain.
- Did anything significant happen after the saint's death; or did anything become known after the saint's death about the saint or about something he/she did while alive?
- Was this saint's journey toward holiness easy or difficult? Did this saint have more joy and happiness or suffering during his/her lifetime?
- Why did others view this person as a saint? What did others see in him/her that was different or inspirational?
- Anything else about this saint that you feel is significant or something that we should know?

Your thoughts

- What are your thoughts about this saint and how he/she lived his/her life?
- Is there something in the story of this saint that you could apply in your life, or something you can learn from this saint? If so, what is it?
- Is this saint someone you can relate to? What similarities are there between this saint's life and your own? What differences are there?

****Why have you chosen this Saint out of all the others out there to be your Confirmation saint?***