

# Saint Investigation Sheet

Take out a piece of paper.

List 3 words people use to describe you.

Think of 3 people you admire and actually know. List their names and a brief reason why you admire them.

List 3 words that you wish you associated with your faith (even if the words don't describe your faith right now).

List 3 things your love to do.

List 3 things you'd like to do in the future.

Observe your lists. Look at the things that interest you, qualities that people see in you or goals you have for your life. Your answers may help you begin your research of a saint to choose for your Confirmation name. For example: patron saint of engineers, patron saint of doubters, St. James- name of my grandpa, whom I admire

Choosing a confirmation name is an opportunity to choose a Saint that has special meaning to you, a Saint that will help you in your journey of faith. By choosing a Saint's name, you're asking him or her to pray for you in a special way. Having a special connection to someone in Heaven is a big deal!

The custom of adopting a saint's name at Confirmation allows us the opportunity to connect with a saint as a special, heavenly patron or to honor a saint to whom we may have a special devotion. In short, the purpose is to connect us to the Catholic Communion of Saints, great holy men and women who can pray for us.

1. Begin by praying and asking the Holy Spirit to guide your investigation.
2. Talk with your parents, grandparents, adults you admire and seek their advice and help in determining a Saint.
3. Be sure the name you chose is a Catholic Saint. ( check the websites below )

Websites that can assist your search:

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

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

